DIRECTIVE OF THE HEALTH OFFICER No. 2020-02d

DIRECTIVE OF THE HEALTH OFFICER OF THE CITY AND COUNTY OF SAN FRANCISCO DIRECTING ALL INDIVIDUALS EXPOSED TO A PERSON DIAGNOSED WITH OR LIKELY TO HAVE COVID-19 TO SELF-QUARANTINE

(PUBLIC HEALTH EMERGENCY QUARANTINE DIRECTIVE)

DATE OF DIRECTIVE: December 24, 2020

Summary: The virus that causes Coronavirus 2019 Disease ("COVID-19") is easily transmitted, especially in group settings, and that the disease can be extremely serious. It can require long hospital stays, and in some instances cause long-term health consequences or death. It can impact not only those known to be at high risk but also other people, regardless of age or risk factors. The spread of COVID-19 (which includes people without symptoms) is a substantial danger to the health of the public within the City and County of San Francisco (the "City"). Individuals in close contact with a person infected with the virus that causes COVID-19 may themselves easily become infected and may then inadvertently spread it even if they have no symptoms or only have mild symptoms or before they become symptomatic. To help slow COVID-19's spread, protect vulnerable individuals, and prevent the healthcare system in the City from becoming overwhelmed, it is necessary that anyone exposed to a person diagnosed with or likely to have COVID-19 self-quarantine. Quarantine separates a person who knows that they have been exposed to COVID-19 from others until it is determined that they are not at risk for spreading the virus. This self-quarantine requirement protects everyone in the City, including people who are high risk for serious illness. This Directive was updated on December 24, 2020, to incorporate new guidance from the United States Centers for Disease Control and Prevention ("CDC") and the State of California.

UNDER THE AUTHORITY OF CALIFORNIA HEALTH AND SAFETY CODE SECTIONS 101040, 101085, 120175, 120215, 120220, AND 120225 THE HEALTH OFFICER OF THE CITY AND COUNTY OF SAN FRANCISCO DIRECTS AS FOLLOWS:

Note: See Section 7 below for definitions for terms that are capitalized.

1. All persons who know that they are a Close Contact of a Person With COVID-19 are required by this Directive to take the actions listed in this Section, unless exempt under Section 7. Generally, any person who knows that they have been in Close Contact with another person who has been diagnosed with must separate from others for at least ten (10) days from their last Close Contact with the Person With COVID-19 to avoid inadvertently exposing the public to the virus. Such people are encouraged to quarantine for fourteen (14) days when possible in an abundance of caution. Any person who lives in a congregate living setting (such as a skilled nursing facility, Residential Care Facility for the Elderly or Adult Residential Facility, correctional facility, shelter, or dormitory) must quarantine for fourteen (14) days since their last Close Contact with the Person With COVID-19 due to higher transmission risk and worse COVID-19 outcomes. Any person who works in a congregate living setting must quarantine for ten (10) days and must wait an additional four (4) days before returning to work except as allowed below. The Department of Public Health ("DPH") has issued guidance—referred to here as the "**Isolation and Quarantine Guidance**" and titled *Home Isolation and Quarantine Instructions; Caring for yourself and others during COVID-19 (dated December 22, 2020)*—a

copy of which is attached to this Directive and is available online at: www.sfcdcp.org/i&q. The required actions are:

a. The person must self-quarantine in that person's residence or another residence, such as a hotel or motel. The self-quarantine must last until ten (10) days have passed from the last date that the person in self-quarantine was in Close Contact with the Person With COVID-19. The person in self-quarantine is required to quarantine for the full 10-day period—even if they test negative and even if they do not have symptoms or have only mild symptoms—because that person is at high risk for developing the disease and spreading COVID-19. The person is encouraged, but not required, to get tested for COVID-19 on or after day six (6) of quarantine, meaning six days after the last contact with the Person With COVID-19. A longer quarantine is required as listed above in relation to congregate living.

b. The person must carefully review and closely follow all home quarantine guidelines listed in the **Isolation and Quarantine Guidance**.

If the person in quarantine receives a positive test result or has COVID-19 symptoms (go to www.sfcdcp.org/covid19symptoms for a list of symptoms, which generally include among others fever, respiratory symptoms such as coughing, difficulty breathing, or shortness of breath, chills, muscle pain, sore throat, or new loss of the sense of smell or taste) even if the symptoms are very mild, that person must isolate at home or another residence, such as a hotel or motel, stay away from others in the household as much as possible, and follow the guidelines listed in the **Isolation and Quarantine Guidance**. Isolation is necessary to protect others from possible infection because once a person in quarantine has a positive test or begins experiencing these symptoms, they have or likely have COVID-19, and if they do, they can spread the virus to others. The person who experiences COVID-19 symptoms should also consult their healthcare provider via telephone or other remote methods and, in the case of a medical emergency, seek emergency care.

2. This Directive's intent is to ensure that any Close Contact of a Person With COVID-19 avoids contact with others to slow the spread of COVID-19 and mitigate the impact of the virus on members of the public and on the delivery of critical healthcare services to those in need. All provisions of this Directive must be interpreted to effectuate this intent.

3. This Directive is issued based on evidence of increasing occurrence of COVID-19 within the City, the Bay Area, and the United States of America, scientific evidence and best practices regarding the most effective approaches to slow the transmission of communicable diseases generally and COVID-19 specifically, and evidence that the age, condition, and health of a significant portion of the population of the City places it at risk for serious health complications, including death, from COVID-19. The virus can also have a serious impact on other people, regardless of age or other risk factors. Due to the outbreak of COVID-19 in the general public, there is a public health emergency throughout the City. Making the problem worse, some individuals who contract the virus causing COVID-19 have no symptoms or have mild symptoms, which means they may not be aware they carry the virus and can inadvertently transmit it to others. Because even people without symptoms can transmit the infection, and because evidence shows the infection is easily spread, gatherings and other interpersonal interactions can result in preventable transmission of the virus.

4. This Directive is also issued in light of the existence, as of December 20, 2020, of 21,168 confirmed cases of COVID-19 in the City (up from 37 on March 16, 2020) as well as at least 178 deaths (up from a single death on March 17, 2020).

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5. This Directive is also issued in accordance with, and incorporates by reference, the March 4, 2020 Proclamation of a State of Emergency issued by Governor Gavin Newsom, the March 12, 2020 Executive Order (Executive Order N-25-20) issued by Governor Gavin Newsom, the February 25, 2020 Proclamation by Mayor London Breed Declaring the Existence of a Local Emergency (as supplemented several times after its issuance), the March 6, 2020 Declaration of Local Health Emergency Regarding Novel Coronavirus 2019 (COVID-19) issued by the Health Officer, the Regional Stay at Home Order issued by the State Public Health Officer of December 3, 2020, the Health Officer's Order No. C19-07q, and guidance issued by the California Department of Public Health and Centers for Disease Control and Prevention, including as each has been and may be supplemented.

6. If an individual who is subject to this Directive fails to comply with it in willful disregard of public safety, the Health Officer may take additional action(s), which may include issuing an individualized quarantine or isolation order and seeking civil detention at a health facility or other location, as necessary to protect the public's health.

7. Exceptions, Exemptions, and Definitions.

   a. Minors and adults with special needs who are unable to care for themselves do not have to isolate from caregivers in their home. However, they should stay at home and stay away from people outside their household except to receive medical care.

   b. Essential COVID-19 Response Workers who are a Close Contact of a Person with COVID-19 must comply with this Directive but are allowed to continue to work if they first promptly notify their employer of the Close Contact and then either (1) follow their employer's protocols regarding personnel who have potential exposure to COVID-19 or (2) their employer has determined they are needed due to necessary staffing and follow the employer's COVID-19 risk minimization protocols.

   c. A person who had a laboratory-confirmed COVID-19 diagnosis or SARS-CoV-2 infection within the prior three (3) months does not have to quarantine if, after their infection, they become a Close Contact of another Person with COVID-19, but they must self-monitor for COVID-19 symptoms. If they develop symptoms, they must isolate by following the guidelines listed in the **Isolation and Quarantine Guidance** until they can consult with their health care provider about whether they need to be tested or continue to isolate.

   d. If the Health Officer has approved a health and safety plan for a professional sports team or collegiate team, any provisions of the plan regarding quarantine or isolation control to the extent of any conflict or inconsistency with this Directive's requirements.

   e. For purposes of this Directive, "Essential COVID-19 Response Workers" means:

      i. Healthcare workers, including but not limited to physicians, registered nurses, respiratory therapists, and all other ancillary hospital and medical clinic support staff;
      ii. Laboratory personnel collecting or handling specimens from known or suspected COVID-19 patients;
      iii. Morgue workers;
      iv. First responders, including police and sheriff personnel, firefighters, medical examiners, paramedics and Emergency Medical Technicians;
      v. Law enforcement, including custodial officers in jails and prisons;
      vi. Emergency management personnel, including emergency dispatchers;

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vii. Social service workers who work face to face with clients in the child welfare system or in assisted living facilities;
viii. Public sanitation workers;
ix. 911 and 311 Operations personnel;
x. Individuals who work in long-term care facilities;
xi. Individuals who work in homeless shelters; and
xii. People assigned to work as Disaster Service Workers under Cal. Government Code section 3100 *et seq*., including volunteers certified by the Emergency Volunteer Center.

f. For the purposes of this Directive, a "Close Contact" of a Person With COVID-19 means either a person who was identified as a close contact by a health care provider or public health official or a person who knowingly had any of the following types of contact with a Person With COVID-19 within 48 hours before the Person With COVID-19's symptoms began (or the date of the Person With COVID-19's positive test if they had no symptoms):

i. Lived in or stayed at the same residence as the Person With COVID-19; OR
ii. Was an intimate sexual partner of the Person With COVID-19; OR
iii. Stayed within 6 feet of the Person With COVID-19 for fifteen (15) minutes or more during a 24-hour period, even if that fifteen minutes occurred from the combination of several shorter interactions throughout the day; OR
iv. Had direct contact for any amount of time with the body fluids and/or secretions of the Person With COVID-19 (*e.g.*, was coughed or sneezed on, shared utensils with, or was provided care by or provided care for them without wearing a mask, gown, and gloves).

g. For the purposes of this quarantine Directive only, "Person With COVID-19" means a person who meets any of the following criteria:

i. The person has a positive lab test for the virus that causes COVID-19 (SARS-CoV-2); OR
ii. The person has been clinically diagnosed with COVID-19 by a healthcare provider, and if not already done, the provider should confirm the diagnosis via testing as soon as possible given the availability of testing.

A person is no longer considered a Person With COVID-19 once (a) at least one (1) day (24 hours) has passed since last fever (without use of fever-reducing medications), AND (b) improvement of other symptoms, AND (c) at least ten (10) days have passed since symptoms first appeared. A person who tested positive for COVID-19 but never had symptoms is no longer considered a Person With COVID-19 ten (10) days after the date of their first positive test.

8. This Directive becomes effective at 6:00 p.m. on December 24, 2020 and will be in effect until it is extended, rescinded, superseded, or amended in writing by the Health Officer. Also, effective as of 6:00 p.m. on December 24, 2020, this Directive revises and replaces Directive Number 2020-02c, issued August 5, 2020. For purposes of this Directive, any future changes provided online to the **Isolation and Quarantine Guidance** or any other guidance listed in this Directive are automatically incorporated into this Directive by this reference.

Susan Philip, MD, MPH,
Acting Health Officer of the
City and County of San Francisco

December 24, 2020

San Francisco
Department of Public Health

Home Isolation and Quarantine Instructions
Caring for yourself and others during COVID-19

This document includes isolation and quarantine instructions, information on self-care and how to protect your family, household, friends and community during COVID-19. You may want to read it in full, and share with others, to stay prepared.

This document can be printed in 5 different 1-3 page sections, if needed, and covers the following topics:

What to do if you have symptoms but haven't been diagnosed with COVID-19 2

What to do if you had a positive COVID-19 test or were diagnosed with COVID-19 4

What to do if you had close contact with someone with COVID-19 6

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What to do if you have symptoms but haven't been diagnosed with COVID-19

Home Isolation Instructions for Symptoms

These instructions are for people who have NOT had close contact with someone with COVID-19, and have not been tested or are waiting for their test result.

1. Care for yourself and watch for worsening COVID-19 symptoms.

Watch for these symptoms of COVID-19. Symptoms appear 2-14 days after someone is infected, usually in 5-6 days.

- Fever, chills, or repeated shaking/ shivering
- Cough
- Shortness of breath or trouble breathing
- Sore throat
- Loss of taste or smell. Food and drink may taste or smell different.
- Feeling unusually weak or tired
- Muscle aches
- Headache
- Runny or congested nose
- Nausea, vomiting, or diarrhea

Most people with COVID-19 symptoms have mild illness and can recover at home without medical care. Take care of yourself. Rest and drink plenty of fluids. Over-the-counter medicine like acetaminophen (Tylenol®) or ibuprofen (Motrin® or Advil®) can help relieve fever or pain.

Call your doctor if your symptoms get worse, especially if you have trouble breathing. See the section below, "When to get medical care."

2. Stay home except to get tested or get medical care.

- Do not let visitors inside your home, unless you need their help to take care of you. Friends and family can leave food, medicine, and other things you need outside your door.
- If you leave home to get tested or get medical care, do not take public transportation, ride shares or taxis if possible. For more information, see www.sfcdcp.org/safertransit.

3. Limit your contact with other people in your home, in case you are infected.

- Read the section below, titled "Protecting Your Loved Ones and Others in Your Home."

4. Get tested.

- Contact your doctor or the clinic listed on your health insurance card. Tell them that you have symptoms of COVID-19. Health care providers in San Francisco are required to offer you a test for COVID-19 if you have COVID-19 symptoms, under Health Order C19-15c.
- If you do not have health insurance or a regular doctor, see https://sf.gov/gettested for places where you can get tested for free.

Ending isolation after COVID-19 symptoms: When can I be around other people?

If your test is negative, in most cases, you can be around people if:

- You had no fevers in the last 24 hours, without using fever-reducing medication **and**
- Your symptoms are improving

There is still a chance that you could have COVID-19 and spread it to other people. People can test negative early in their infection. To be safe, especially if you will be with working with or around people who are more likely to get very sick if they get COVID-19, you may want to stay at home for 10 days after your symptoms start. Talk with your doctor if you are not sure what to do.

These instructions do **not** apply to you if you had a **close contact** with someone who has COVID-19. If you had close contact to someone who has COVID-19 in the last 10 days, different rules apply. For example, you still must stay at home until your quarantine ends. See the section on "What to do if you had close contact with someone with COVID 19: Home Quarantine Instructions"

If you didn't get tested or you're still waiting for your test result, you can be around other people when all of the following are true

- 10 days have passed since your symptoms started **and**
- You had no fevers in the last 24 hours, without using fever-reducing medication **and**
- Your symptoms are improving

If your test is positive, see the section on "What to do if you had a positive COVID-19 test: Home Isolation Instructions for COVID-19." In most cases, you can be around people when all of the following are true:

- 10 days have passed after your symptoms started **and**
- You had no fevers in the last 24 hours, without using fever-reducing medication **and**
- Your symptoms are improving

What if I have symptoms, but I already had COVID-19 in the last 3 months?

Consult your health care provider. Your health care provider will decide if you need to be tested.

Does everyone in my home have to stay at home until I get my test result?

No. Oher people in your household can still work, attend school, and continue their usual activities, as long as they don't have COVID-19 symptoms.

San Francisco
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What to do if you had a positive COVID-19 test or were diagnosed with COVID-19

Home Isolation Instructions for COVID-19

Here's what you need to do:

1. Care for yourself and watch for worsening COVID-19 symptoms.

Watch for these symptoms of COVID-19. Symptoms appear 2-14 days after someone is infected, usually in 5-6 days.

- Fever, chills, or repeated shaking/ shivering
- Cough
- Shortness of breath or trouble breathing
- Sore throat
- Loss of taste or smell. Food and drink may taste or smell different.
- Feeling unusually weak or tired
- Muscle aches
- Headache
- Runny or congested nose
- Nausea, vomiting, or diarrhea

Most people with COVID-19 symptoms have mild illness and can recover at home without medical care. Take care of yourself. Rest and drink plenty of fluids. Over-the-counter medicine like acetaminophen (Tylenol®) or ibuprofen (Motrin® or Advil®) can help relieve fever or pain.

Call your doctor if your symptoms get worse, especially you have trouble breathing. See the section titled "When to get medical care."

2. Stay home except to get medical care.

- You must stay at home and away from other people, except to get medical care. Do not let visitors inside your home, unless you need their help to take care of you. Friends and family can leave food, medicine, and other things you need outside your door.
- If people enter your home to take care of you, they must quarantine. See the section on close contact and quarantine for more information.
- Call 3-1-1 if you cannot isolate from other people where you live, or if you need food or other resources to stay at home.

3. Limit your contact with other people in your home.

- Read the section titled "Protecting Your Loved Ones and Others in Your Home."

4. Tell your close contacts that they have been exposed to COVID-19.

An infected person can spread COVID-19 to others starting 48 hours (2 days) before symptoms or the day they went in for a test that was positive, even if they had no symptoms. By letting your close contacts know that they may be infected and need to quarantine, you are helping to keep COVID-19 from spreading.

- Give or send your close contacts a copy of the section titled "What to do if you had close contact with someone with COVID 19: Home Quarantine Instructions," online at www.sfcdcp.org/i&q

What counts as close contact?

A close contact is anyone who was within 6 feet of you for a total of 15 minutes or more in 24 hours, starting 48 hours before your symptoms began (if you had no symptoms, 48 hours before

your positive test was collected from you).

A close contact also includes anyone who lived or stayed overnight with you; took care of you or you took care of them; were physically intimate with you, including only kissing or having sex; or had contact with your bodily fluids (you coughed or sneezed on them, shared eating utensils, or drank out of the same cup or bottle), while you're contagious.

- If you **already** chose to participate in California Notify (canotify.ca.gov), an app you can add on your smartphone, **before** your positive COVID-19 test and you test positive, enter the California DPH code texted to you into your app through settings. Your diagnosis will not be shared with others. If other people who were also using the app were in close contact with you, they will be told they had an exposure. They will be told the date of the exposure, but not the time, location or identity.

5. Answer the phone if you get a call from (628) 217-6101 or (628) 217-6102.

This is a trained health worker from the San Francisco Department of Public Health calling because you have COVID-19. The health worker will ask how you are doing and connect you to food, housing, and other support so you can stay at home safely. Health department staff will also help notify people you were in close contact with (within 6 feet for a total of 15 minutes or more) and might have been exposed to COVID-19.

Your name will **not** be shared with people you had close contact with.

Health workers **will not** ask you for:

- Your immigration status or Social Security number
- Money
- Bank account or credit card numbers

Ending isolation: When can I safely be around others after COVID-19?

If you had symptoms, you can be around others when:

- At least 10 days since symptoms first appeared **and**
- At least 24 hours with no fever without fever-reducing medication **and**
- Other symptoms of COVID-19 are improving.
  You can be around others even if changes in taste or smell are not improving.
  Loss of taste or smell can last for weeks to months.

If you never had any symptoms, you can be with others after:

- 10 days have passed since the date you had your positive test

If your symptoms started after your positive test, see the instructions for if you had symptoms above.

If you had severe illness from COVID-19 (you were hospitalized and needed oxygen), you may need to stay in isolation for up to 20 days after your symptoms first appeared. Ask your hospital team or health care provider.

If you have a weakened immune system or are immunocompromised, which can include, for example, people who are undergoing cancer treatment, or people who have had an organ transplant, or people who are being treated for some autoimmune diseases) you may need to stay home and isolate for up to 20 days. Talk to your healthcare provider.

San Francisco
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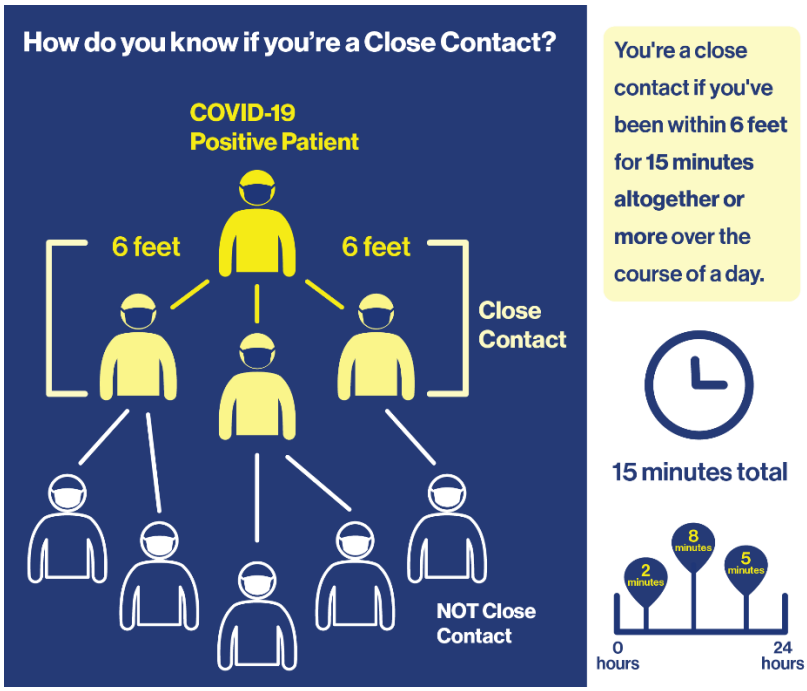
What to do if you had close contact with someone with COVID-19

Home Quarantine Instructions



If you had close contact with someone who has COVID-19, you may be infected. You could spread the infection to others, even before you develop symptoms or test positive. If you are quarantining for travel reasons, you will need to follow these same instructions. Here's what you need to do:

1. **Stay home except to get tested or get medical care.**
   - You must stay at home and away from other people, except to get tested or get medical care. Do not let visitors inside your home, unless you need help to take care of you. Friends and family can leave food, medicine, and other things you need outside your door.
   - Avoid using public transportation, taxis, or rideshares (Lyft, Uber) if you leave home to get tested or get medical care. For more information, see https://www.sfcdcp.org/safertransit
   - Call 3-1-1 if you cannot quarantine where you live, or if you need food or other resources.
2. **Limit your contact with other people in your home, in case you are infected.**
   - Read the section, below, titled "Protecting Your Loved Ones and Others in Your Home."
3. **Watch for symptoms of COVID-19.**

   Get tested if you develop symptoms. See the section, above, titled "What to do if you have symptoms but haven't been diagnosed with COVID-19".

   Get tested as soon as you develop symptoms, even if it is early in your quarantine, or late in your quarantine, and even if you already had a negative COVID-19 test. Contact your healthcare provider if you have questions.

Symptoms appear 2-14 days after someone is infected, usually in 5-6 days.

- Fever, chills, or shaking/ shivering
- Cough
- Shortness of breath or trouble breathing
- Loss of taste or smell. Food and drink may smell or taste different
- Sore throat
- Feeling unusually weak or tired
- Muscle aches
- Headache
- Runny or congested nose
- Nausea, vomiting, or diarrhea

Most people with COVID-19 symptoms have mild illness and can recover at home without medical care. Take care of yourself. Rest and drink plenty of fluids. Over-the-counter medicine like acetaminophen (Tylenol®) or ibuprofen (Motrin® or Advil®) can help relieve fever or pain.

Call your doctor if your symptoms get worse, especially you have trouble breathing. See "When to get medical care" below

4. Get tested.

The San Francisco Department of Public Health strongly recommends a test for COVID-19, especially if you live with anyone who is more likely to get very sick if they get COVID-19. For a list of groups who are at higher risk of severe COVID-19, see sfcdcp.org/vulnerable.

- Get tested **6 days after your last close contact**, if you don't develop any symptoms before then.
- Get tested right away if you develop symptoms at any point during your quarantine, even if you had a negative test earlier during your quarantine.

Stay home until the end of your quarantine, even if your test is negative.
You could still be infected. People can test negative early in their infection.

5. Answer the phone if you get a call from (628) 217-6101 or (628) 217-6102.

This is a health worker from the San Francisco Department of Public Health calling because you have been exposed to COVID-19. They can answer your questions about COVID-19 and quarantine, help you get tested, and help connect you to food, housing, or other support so you can stay at home.

Health department staff **will not** ask you for:

- Your Social Security number or immigration status
- Money
- Bank account or credit card numbers

What if I already had COVID-19 in the last 3 months?

If you had COVID-19 in the last 3 months, confirmed by a lab test, you do not have to quarantine, as long as you have no symptoms. You must watch for symptoms for 14 days after your last close contact with the person who has COVID-19.

If you develop symptoms, quarantine at home until you can consult with your health care provider. Your health care provider will decide if you need to be tested or stay in quarantine.

Does everyone in my home have to quarantine with me?

No. Only people who had close contact with someone with COVID-19 must quarantine. Oher people you live with can leave home, as long as they don't have COVID-19 symptoms.

Ending quarantine: When can I safely be around others?

If you don't develop any symptoms and don't have a positive test, you can be around other people 10 days after your last close contact with someone who has COVID-19.

- If you continue to have contact with someone who has COVID-19 (for example, a child or someone you take care of), you must quarantine for 10 days after they are no longer infectious. In most cases, this is a total of 20 days after the person started having COVID-19 symptoms, or if they never have symptoms, 20 days after their positive test.
- *Keep watching for symptoms from days 10-14.*
  There is a very small chance that you could still be infected and could spread it to others. If you develop symptoms during this time, get tested, stay at home except to get medical care, and take steps to protect others in your household until you get your test result.
- During this time, avoid higher-risk activities like eating with others or being around others without a mask, especially around people who are more likely to get very sick if they get COVID-19. For a list of groups who are at higher risk of severe COVID-19, see sfcdcp.org/vulnerable. If you do not develop symptoms during the 14 days after your exposure, you can resume your usual activities.

If you live in a jail, nursing home, shelter, or dormitory, you must wait 14 days after your last close contact. If you work in one of these places, you must wait 14 days to return to work, unless you are an essential worker (see returning to work below). This is because COVID-19 can spread quickly in jails, nursing homes, and other places where many people live together.

What if I start to have symptoms during quarantine?

You should get tested right away, even if you had a negative test earlier during your quarantine. If you do not get tested, you must stay home until 10 days after your last close contact if you have not symptoms. If you do get symptoms of COVID-19, you must stay home 10 days after your symptoms started, and after you have not had fever for 24 hours, and your symptoms are improving.

What if I have a positive test during quarantine?

Usually, you must stay home until 10 days after your symptoms started, you have not had fever for 24 hours, and your symptoms are improving. If you didn't have symptoms, you must stay home for 10 days after your positive test. For more information, see "Ending isolation after a positive COVID-19 test or COVID-19 diagnosis."

San Francisco
Department of Public Health

Caring for Yourself and Others

Protecting your loved ones and others in your home from COVID-19

It can be scary to think that you might give COVID-19 to your family and other people you live with. You can take some simple and important steps to help keep COVID-19 from spreading in your home, even before you get your test result.

Not everyone can take these steps all the time, especially young children. However, by taking as many steps as you can, as much as you can, you can protect those you love and those living with you.

- **Stay in a separate room** if you can, especially when you are sleeping, eating, and other times when your mask is off. Use a separate bathroom if you can.
- **Wear a face mask at home**. **Have other people wear face masks at home too.** For safety, children 0-23 months and anyone else who cannot take off a mask without help should not wear a mask. You do not need to wear a mask when you are in a separate room that no one else enters.
- **Open windows** if it's safe to do so. The virus that causes COVID-19 can build up in the air indoors, so you'll want to bring in as much fresh air as possible. If you live with children, open windows no wider than 4 inches to prevent falls. You can also put a fan in front of an open window to blow indoor air out of the house. For more information, see sfcdcp.org/ventilation.
- Limit your contact with other people and pets at home, especially older people and others who are more likely to become very ill from COVID-19. For a list of groups who are at higher risk of severe COVID-19, see sfcdcp.org/vulnerable.
- Wash or sanitize your hands often.
- Don't share personal household items, like cups, towels, and utensils.
- Avoid preparing food for other people. If you must prepare food for others, wear a mask while preparing food, and wash your hands with soap beforehand.

Self-care and when to get medical care

Most people with COVID-19 symptoms have mild illness and can recover at home without medical care.

- **Take care of yourself if you feel ill.** Rest and drink plenty of fluids. Over-the-counter medicine like acetaminophen (Tylenol®) or ibuprofen (Motrin® or Advil®) can help relieve fever or pain.
- **Get medical care if your symptoms get worse**, especially you have trouble breathing. For example, worrisome signs can include
    - Feeling out of breath, dizzy or light-headed when you're moving around the house, preparing meals, showering or bathing, or doing light housekeeping
    - Dehydration because you are too ill or too tired to eat or drink.

- **Seek emergency medical care** immediately for any of these warning signs.
  - Trouble breathing
  - Chest pain or pressure that is not going away
  - Being more confused than usual
  - Trouble waking up or staying awake
  - Blue-ish lips or face

If you need to get medical care

- Call ahead to the clinic or emergency room, if you can. Tell them that you have COVID-19. If you call 911, tell the operator that you have COVID-19. This helps health care staff prepare for your arrival.
- Avoid using public transportation, taxis, or rideshares (Lyft, Uber) if you can, so you don't expose other people. If you must use public transit, see https://www.sfcdcp.org/safertransit
- Do not wait in the waiting room. Wear a face covering or mask at all times if possible.

When and how to get tested

Testing is a very important part of caring for yourself and others, and helping to stop the spread of COVID-19.

- **If you have symptoms or were a close contact to someone with COVID-19:** Contact your regular health care provider and tell them that you are having symptoms of COVID-19, or that you had close contact to someone with COVID-19. Health care providers in San Francisco are required to offer you a test for COVID-19 if you have COVID-19 symptoms or have had close contact to someone with COVID-19, under Health Order C19-15c.
  - If you do not have health insurance or a regular health care provider, see https://sf.gov/gettested for places where you can get tested for free.
  - If you are getting tested after having a close contact exposure to someone who had COVID-19, see the section, above, titled "What to do if you had close contact with someone who has COVID-19: Home Quarantine" for when you should get tested.
- **Regular screening tests:** Some categories of workers, like workers in skilled nursing facilities and hospitals, are tested for COVID-19 on a regular basis, which is called screening. At this time, there is **no recommendation** for people who are not in these specially-designated worker groups to get regular screening tests. Contact your employer to find out more.

Essential Workers: Returning to work before your isolation or quarantine ends

Some workers in the following groups are allowed to return to work early during staff shortages. Your employer may require you to wear a surgical mask or take other precautions until your quarantine ends. Consult your employer.

Who is an Essential COVID-19 Response Worker?

- **You are an essential COVID-19 response worker** if you are a health care worker, lab worker handling COVID-19 specimens, morgue worker, sanitation worker, first responder, law enforcement, 911 or 311 operator, or emergency management personnel; if you are assigned to work as a Disaster Service Worker, and if you work in a long-term care facility (nursing home) or homeless shelter.

Social service workers in child welfare (e.g. Child Protective Services, Foster Care) and assisted living facilities are essential response workers if you have face-to-face client contact.

How long should I stay home?

Read "Testing, Isolation and Quarantine" at **sf.gov/file/caring-for-yourself-and-others-during-covid-19** (you can use the QR code to open it on your phone or tablet). The bolded titles on this page refer to sections in that booklet.

I have symptoms. (See right for symptoms)

- Fever (100.4°F / 38.0°C or higher)
- Cough or sore throat
- Loss of taste and smell
- Shortness of breath
- See **What is COVID-19?** for other symptoms

Isolate yourself and get tested.

See **What are the rules for isolating or quarantining?**

I had close contact with someone who tested positive for COVID-19.

See **What should I do if I have been exposed to COVID-19?**

Quarantine yourself. Testing is not mandatory, but is strongly encouraged.

See **What are the rules for isolating or quarantining?**

My COVID-19 test result was NEGATIVE.

See **What if I get a negative COVID-19 test?**

My COVID-19 test result was POSITIVE.

See **What if I get a positive COVID-19 test?**

My COVID-19 test result was NEGATIVE.

See **What should I do if I have been exposed to COVID-19?**

Isolate from others while you have symptoms, especially around vulnerable people.

See **www.sfcdcp.org/vulnerable**

Isolate yourself at home, including from others who live with you when possible.

See **If I have COVID-19, or symptoms or I was exposed, how do I protect my family, household, loved ones, and community?**

You **must** still quarantine yourself because the test result could be wrong or you could still develop COVID-19 infection.

End isolation* when:

- your symptoms are improving, AND
- you have had no fever for 24 hours.

Consider staying isolated for 10 days since you first felt symptoms. Talk with your doctor if possible.

End isolation* when:

- your symptoms are improving, AND
- you have had no fever for 24 hours, AND
- it has been 10 days since you got tested

End quarantine* after a mimimum of 10 days since your last contact, although 14 days is still encouraged.

Get tested again if you develop symptoms.

*Healthcare workers, people who work in group settings or people with certain health conditions may need to follow different rules. Talk to your healthcare provider or employer if you have questions.

City & County of San Francisco