



DIRECTIVE OF THE HEALTH OFFICER No. 2020-03ed

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

(PUBLIC HEALTH EMERGENCY ISOLATION DIRECTIVE)

DATE OF DIRECTIVE: ~~August 5~~December 24, 2020

Summary: ~~It is now well established that the~~ 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. This is a global pandemic causing untold societal, social, and economic harm. The spread of COVID-19 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 ~~for the City’s Health Officer to require individuals who have been~~that anyone diagnosed with, or ~~are~~-likely to have, ~~the~~ COVID-19 ~~virus to~~ self-isolate. Isolation separates an individual who is known or likely to be infected from others until the individual is no longer contagious. This self-isolation requirement protects everyone in the City, including people who are high risk for serious illness, ~~such as older adults and people with weakened immune systems.~~ This Directive was updated on ~~August 5~~December 24, 2020, to ~~incorporate changes to ensure consistency with the related self-isolation criteria and protocol based on new quarantine directive and to attach updated guidance from the United States Centers for Disease Control and Prevention.~~

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 (“HEALTH OFFICER”) DIRECTS AS FOLLOWS:

- 1. Any person who meets any of the following criteria is required by this Directive to self-isolate and take the other actions listed in Section 2:
a. The person has a positive lab test for the virus that causes COVID-19 ~~virus;~~(SARS-CoV-2); OR
b. The person has signs and symptoms that are consistent with COVID-19 that are not explained by another condition or diagnosis within 14 days of knowingly being in Close Contact with another person who had ~~or was believed to have had~~ COVID-19; OR



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- c. The person has been ~~informed~~ clinically diagnosed with COVID-19 by a healthcare provider ~~that they are likely to have COVID-19~~, and if not already done, the provider should confirm the diagnosis via testing as soon as possible given the availability of testing; OR
- d. The person has signs and symptoms that are consistent with COVID-19 and is awaiting results of testing for COVID-19.

For purposes of this Directive, COVID-19 symptoms 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, and a list of symptoms is available online at [www.sfcdep.org/covid19symptoms](http://www.sfcdep.org/covid19symptoms).

- 2. Any person who meets any of the criteria set forth in Section 1 must do all of the following:

- a. The person must immediately self-isolate in that person’s residence or another residence, such as a hotel or motel, away from other people. The person must carefully review and closely follow all home isolation guidelines listed in the guidance issued by 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.sfcdep.org/i&q](http://www.sfcdep.org/i&q). The **Isolation and Quarantine Guidance** includes all rules listed in this Directive.

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. If the person is not a Close Contact of a confirmed COVID-19 case, has symptoms, and got tested, AND if the test results came back negative, then the person must remain in isolation until both i) the person’s symptoms are improving and ii) the person has had no fever for 24 hours without using fever-reducing medications. To be safe, it is recommended that the person avoid contact with others for ten (10) days after the start of their symptoms, and the person is encouraged to consult their healthcare provider.

- a-c. In all other situations—including if the person has COVID-19 (had a positive test or received a diagnosis by a healthcare professional) OR the person is a Close Contact of a confirmed COVID-19 case (regardless of whether they had symptoms or got tested) OR the person had symptoms and did not get tested—then the person must continue isolation until both of the following criteria are met:

- i. At least one (1) day (24 hours) has passed since recovery, defined as the resolution of fever without use of fever-reducing medications and improvement of other symptoms, AND



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- ii. At least ten (10) days have passed since symptoms first appeared, or if the person never had symptoms, then at least ten (10) days have passed since the date they had their first positive COVID-19 test.

~~b. The person must carefully review and closely follow all home isolation guidelines listed in the “Home Isolation and Quarantine Guidelines for People with Coronavirus-2019 (COVID-19) Infection and their Household or Close Contacts” issued by the City’s Department of Public Health, a copy of which is attached to this Directive and which is available online here: <https://www.sfedep.org/Home-Isolation-Quarantine-Guidelines>. For purposes of this Directive, any future changes provided online to the guidance listed in this subparagraph are automatically incorporated into this Directive by this reference without any need to amend or revise this Directive.~~

~~Minors and adults with special needs who are unable to care for themselves do not have to isolate from caregivers in their home. Note that these rules mean a person must isolate for a full ten (10) days after onset of symptoms, which might be well into the isolation period for a Close Contact.~~

~~If the person has COVID-19 (a positive test or diagnosis from a healthcare provider) OR the person was a Close Contact of someone with COVID-19 and then develops symptoms while in isolation, then the ~~However, they should stay at home and stay away from people outside their household except to receive medical care.~~~~

~~e.d. The person must notify any Close Contact that they need to self-quarantine for ~~fourteen (14)~~ten (10) or more days pursuant to as required by Health Officer Directive No. 2020-02bd. The person should refer their Close Contacts to Health Officer Directive No. 2020-02b02d (available online at [www.sfdph.org/directives](http://www.sfdph.org/directives)) and to the “Home Isolation and Quarantine Guidelines for People with Coronavirus-2019 (COVID-19) Infection and their Household or Close Contacts” issued by the City’s Department of Public Health, a copy of which is Guidance (attached to this Directive and which is available online here: <https://www.sfedep.org/Home-Isolation-Quarantine-Guidelines>.at [www.sfedep.org/i&q](http://www.sfedep.org/i&q)). This is necessary because Close Contacts of a person who has been diagnosed with ~~or is likely to have~~ the virus that causes COVID-19-virus have likely themselves been exposed to COVID-19 and, if infected, can easily spread it to others, even if they have only mild symptoms or no symptoms at all.~~

- 3. ~~The~~This Directive’s intent ~~of this Directive~~ is to ensure that any person who has been diagnosed with or is likely to have COVID-19 (including those without symptoms or with mild symptoms) avoids contact with others to slow the spread of ~~the~~COVID-19 virus 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.



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4. 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 the virus that causes COVID-19 ~~virus~~ in the general public, ~~which is now a pandemic according to the World Health Organization~~, 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.
5. This Directive is also issued in light of the existence, as of ~~August 2, 2020, of 7,081 cases of infection by the COVID-19 virus in the City, including a significant number of cases of community transmission and likely further significant increases in transmission. This Directive is necessary to slow the rate of spread, and the Health Officer will continue to assess the quickly evolving situation and may modify or extend this Directive, or issue additional directives, related to COVID-19, as changing circumstances dictate.~~ December 20, 2020, of 21,168 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).
6. 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 ~~of them~~ have~~has~~ been and may be supplemented.
7. 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 isolation order and seeking civil detention at a health facility or other location, as necessary to protect the public's health.



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8. Definitions.

- a. For the purposes of this Directive, a “Close Contact” means a person who:
  - 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 ~~15 minutes or more; OR~~ 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) at any time during the period starting 48 hours before the person with COVID-19’s symptoms began (or starting 48 hours before the date of their positive test if the person with COVID-19 had no symptoms).

- 9. This Directive ~~shall become~~becomes effective at ~~12~~12:00 p.m. on ~~August 5~~December 24, 2020 and will ~~continue to~~ be in effect until it is extended, rescinded, superseded, or amended in writing by the Health Officer. Also, effective as of ~~12~~12:00 p.m. on ~~August 5~~December 24, 2020, this Directive revises and replaces Directive Number 2020-03~~bc~~, issued ~~May 4~~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 by this reference.

- 10. \_\_\_\_\_  
Tomás J. Aragón 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.

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Susan Philip, MD, DrPH, \_\_\_\_\_ August 5 MPH, \_\_\_\_\_  
December 24, 2020  
Health Officer of the  
City and County of San Francisco