



DIRECTIVE OF THE HEALTH OFFICER No. 2020-02~~ed~~

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: ~~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 ~~(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 ~~diagnosed~~infected with ~~or likely to have~~ 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 the self-quarantine of persons~~that anyone exposed to a person diagnosed with or likely to have ~~the~~COVID-19 ~~virus~~.self-quarantine. Quarantine separates ~~individuals~~a person who knows that they have been exposed to ~~the~~COVID-19 ~~virus~~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, ~~such as older adults and people with weakened immune systems.~~ This Directive was updated on ~~August 5~~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 (~~"HEALTH OFFICER"~~) 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 ParagraphSection 7. Generally, ~~this requires a~~any person who knows that they have been in Close Contact with another person who has been diagnosed with ~~or is likely to have the COVID-19 virus to separate from others for up to fourteen (14) days to avoid inadvertently exposing the public to the virus.~~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



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(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 ~~fourteen (14)~~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 ~~entirety of the 14~~full 10-day period—even if they test negative and even if they do not have symptoms or have only mild symptoms—because that ~~individual person~~ is at high risk for developing the disease and spreading ~~the COVID-19 virus, even if the individual does not have symptoms or has only mild symptoms.~~. 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 ~~“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.sfcdcp.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.~~Guidance.

If the person in quarantine ~~becomes sick with onset or worsening of~~ 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, ~~or other symptoms of COVID-19 (~~ even if their symptoms are very mild), that person ~~should~~must isolate at home or another residence, such as a hotel or motel, stay away from ~~other people~~others in the household ~~who are not ill~~as much as possible, and follow the 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. For purposes of this Directive, any future changes provided online to the isolation guidance listed in this subparagraph are automatically incorporated into this Directive by this reference without any need to amend or revise this Directive.~~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, ~~it is likely~~ they have ~~the~~or likely have COVID-19 ~~virus~~, and if they do, they can spread the virus to others. The person ~~in self-quarantine~~ who experiences COVID-19 symptoms should also consult their ~~regular~~ healthcare provider via telephone or other remote methods and, in the case of a medical emergency, seek emergency ~~medical~~ care.



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2. ~~The~~This Directive's intent ~~of this Directive~~ is to ensure that any Close Contact of a Person With COVID-19 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.
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 ~~the 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.
4. 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. 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 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).
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 ~~and Exemptions~~.
 - 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.



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- b. Essential COVID-19 Response Workers ~~are categorically exempt from this Directive. These workers should consult with their employers about the procedures and precautions they should follow if they~~ 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.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;
 - vii. Social service workers who work face to face with clients in the child welfare system or in assisted living facilities;
- vii-viii. Public sanitation workers;
- viii-ix. 911 and 311 Operations personnel;
- ix-x. Individuals who work in long-term care facilities;
- x-xi. Individuals who work in homeless shelters; and
- xi-xii. IndividualsPeople assigned to work as Disaster Service Workers under **California**Cal. Government Code section 3100 *et seq.*, including volunteers certified by the **City** Emergency Volunteer Center.
- d.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 ~~their positive test if~~ 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



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- 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).

e.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 ~~virus;(SARS-CoV-2);~~ OR
 - ii. ~~The person has 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 With COVID-19; OR~~

~~iii.~~ ii. The person has been informed clinically diagnosed with COVID-19 by a healthcare provider ~~that, and if not already done, the person has or is likely to have COVID-19~~ 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 ~~recovery, defined as resolution of~~ last fever (without use of fever-reducing medications ~~and~~), 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 ~~shall become~~ becomes effective at ~~12~~ 6:00 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~~ 6:00 p.m. on ~~August 5~~ December 24, 2020, this Directive revises and replaces Directive Number 2020-02~~bc~~, issued ~~May 4, 2020~~ 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.

 Tomás J. Aragón
 Susan Philip, MD, DrPH, _____ August 5 MPH,

 December 24, 2020
 Acting Health Officer of the
 City and County of San Francisco