



DIRECTIVE OF THE HEALTH OFFICER No. 2020-02

**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: May 1, 2020

Summary: It is now well established that 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 diagnosed 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 exposed to a person diagnosed with or likely to have the COVID-19 virus. Quarantine separates individuals who know 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.

**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. 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 Paragraph 7. Generally, this requires a 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. 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) 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-day period because that individual 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.**



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- 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.sfchcp.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.

If the person in quarantine becomes sick with onset or worsening of fever, respiratory symptoms such as coughing, difficulty breathing, or shortness of breath, chills, muscle pain, sore throat, 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 isolate at home or another residence, such as a hotel or motel, away from other people in the household who are not ill, 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. Isolation is necessary to protect others from possible infection because once a person in quarantine begins experiencing these symptoms, it is likely they have the 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.

2. The 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



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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 May 1, 2020, of 1,523 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.
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, and guidance issued by the California Department of Public Health and Centers for Disease Control and Prevention, 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. **Definitions and Exemptions.**
 - a. All minor children and individuals with special needs who require specialized care are categorically exempt from this Directive.
 - 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 are a Close Contact of a Person with COVID-19.
 - c. 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. Public sanitation workers;
 - viii. 911 and 311 Operations personnel;



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- ix. Individuals who work in long-term care facilities;
 - x. Individuals who work in homeless shelters; and
 - xi. Individuals assigned to work as Disaster Service Workers under California Government Code section 3100 *et seq.*, including volunteers certified by the City Emergency Volunteer Center.
- d. For the purposes of this Directive, a “Close Contact” of a Person With COVID-19 means a person who was identified as a close contact by a health care provider or public health official, or who knowingly had any of the following 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 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 10 minutes or more while the Person With COVID-19 was not wearing a face mask; 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 or provided care for them without wearing a mask, gown, and gloves).
- e. For the purposes of this Directive, “Person With COVID-19” means a person who meets any of the following criteria:
- i. The person has a positive lab test for the COVID-19 virus; OR
 - ii. The person has symptoms that are consistent with COVID-19 that are not explained by another preexisting condition within 14 days of knowingly being in Close Contact with another Person With COVID-19; OR
 - iii. The person has been informed by a healthcare provider that the person has or is likely to have COVID-19.

A person is no longer considered a Person With COVID-19 once (a) at least three (3) days (72 hours) have passed since recovery, defined as resolution of fever without use of fever-reducing medications and improvement of respiratory symptoms, AND (b) at least seven (7) 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 seven (7) days after the date of their first positive test.

8. This Directive shall become effective at 11:59 p.m. on May 1, 2020 and will continue to be in effect until it is extended, rescinded, superseded, or amended in writing by the Health Officer.

Tomás J. Aragón, MD, DrPH,
Health Officer of the
City and County of San Francisco

May 1, 2020



Home Isolation and Quarantine Guidelines for People with Coronavirus-2019 (COVID-19) Infection and their Household or Close Contacts

- 1) If you have a test confirmation or a doctor's diagnosis of COVID-19, you are subject to Health Officer Isolation Directive, which is available at <https://www.sfdph.org/dph/alerts/files/Blanket-Isolation-Directive-05.2020.pdf>
- 2) If you are in a household that has COVID-19 or you have had close contact with a person who has COVID-19, you are subject to Health Officer Quarantine Directive, which is available at <https://www.sfdph.org/dph/alerts/files/Blanket-Quarantine-Directive-05.2020.pdf>
- 3) If you are awaiting test results, follow the Home Isolation Steps (below) until results arrive. If your results are negative, check with your doctor before you stop following the Home Isolation Steps.

Home Isolation Steps

If you have been diagnosed with COVID-19 **or** you are awaiting COVID-19 test results, you must follow these Home Isolation Steps to prevent the spread of disease.

Stay home until you have recovered

- Most people with COVID-19 have mild illness and can recover at home. If you are 60 years or older, pregnant, or have a condition such as heart, lung, or kidney disease, diabetes, high blood pressure, or a weakened immune system, you are at higher risk of getting more seriously ill.
- Do not go to work, school, or public areas.
- Stay home until recovered. Recovery means: your fever is gone for the past 72 hours without the use of fever-reducing medicine like acetaminophen (Tylenol®) **and** your cough or trouble breathing has improved, **and** it's been at least 7 days after your first symptoms. If you had a positive COVID-19 test but never had symptoms, stay home for at least 7 days after the date of your test.

Close Contacts

- People in your home, your sex partners, and people who take care of you or who you take care of, are considered "close contacts." Also considered close contacts are people who you can identify who stayed within 6 feet of you for more than 10 minutes while you were not wearing a facemask, or who had direct contact with your body fluids or secretions while they were not wearing a facemask, gown, and gloves.
- If you have a test confirmation or doctor's diagnosis of COVID-19, then everyone who you had close contact with from 48 hours before your symptoms began until you self-isolated, should follow the Home Quarantine Steps. Please share this document with them. To request help in notifying your Close Contacts without revealing your identity to them, please call 415-554-2830.

What if you can't separate yourself from others?

- Anyone who continues to be in close contact with you will need to begin a new quarantine cycle of 14 full days after the last day that person had close contact with you, or from the date that your isolation ends.

Which groups do not have to self-isolate?

- Minor children and individuals with special needs who require specialized care

Home Quarantine Steps

If you live in a household with **or** had close contact with someone diagnosed with COVID-19 (including contact from 48 hours before that person had any symptoms, until they self-isolated) you must follow these Home Quarantine Steps. It can take up to 14 days to develop symptoms if you become infected with COVID-19. You must stay home and monitor your own health during this time to prevent passing infection to anyone else.

Stay home to see if you develop symptoms

- You must stay in home quarantine for 14 full days after you were last in close contact with the person with COVID-19.
- Close contact with a person with COVID-19 is described in the column to the left.
- If you are unable to avoid close contact with the person with COVID-19, you must stay in quarantine for 14 full days after the day that person completed their self-isolation. This is likely to be at least 21 days total.

What if you develop symptoms?

- COVID-19 symptoms include fever, chills, cough, shortness of breath, sore throat, runny nose, or muscle pain, headache, nausea, vomiting, diarrhea, or losing the sense of smell or taste.
- If you develop any of the above symptoms, and they are new symptoms that you don't usually have in daily life, then you may have COVID-19 and you must follow the Home Isolation Steps.
- Monitor your symptoms closely and seek medical advice or medical care if symptoms worsen, especially if you are at a higher risk of serious illness.
- Check with your medical provider or seek COVID-19 diagnostic testing to confirm the diagnosis.

Which groups do not have to quarantine?

- Minor children and individuals with special needs who require specialized care
- Essential COVID-19 Response Workers* (check employer's policy; try to follow Home Quarantine Steps while not at work)

*Essential COVID-19 Response Workers includes healthcare workers, laboratory personnel handling COVID-19 specimens, morgue workers, first responders, law enforcement, sanitation workers, 911 and 311 operators, emergency management personnel, individuals assigned to work as Disaster Service Workers, and individuals who work in long-term care facilities or homeless shelters.



Restrictions and Information that Apply to BOTH Home Isolation and Home Quarantine

- Stay home except to seek medical care. Do not go to work, school, or public areas.
- Do not use public transportation, ride shares or taxis.
- Separate yourself from others in your home, especially people who are at higher risk of serious illness.
- Stay in a specific room and away from other people in your home as much as possible. Use a separate bathroom, if available.
- Do not prepare or serve food to others.
- Do not allow visitors into your home.
- Limit your contact with pets.

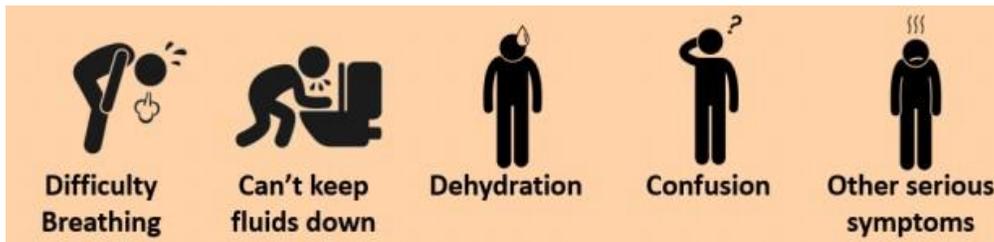
If you cannot meet the requirements for Isolation or Quarantine where you currently live, you can contact 3-1-1 to request assistance with housing, food, or other needs.

Prevent the spread:

- Wear a face covering or mask if you are in the same room with others. If you are unable to wear a face covering or mask, others should wear a face covering or mask if they share or enter the room.
- Cover your coughs and sneezes. Cover your mouth and nose with a tissue or sneeze into your sleeve -- not into your hands -- then throw away the tissue into a lined trashcan and immediately wash hands.
- Wash your hands often and thoroughly with soap and water for at least 20 seconds - especially after coughing, sneezing, or blowing your nose, or after going to the bathroom. Alcohol-based hand sanitizer with a minimum content of 60% alcohol can be used instead of soap and water if the hands are not visibly dirty.
- Do not share household items such as dishes, cups, utensils, towels, bedding with other people. After using these items, wash them thoroughly with soap and water. Laundry may be washed in a standard washing machine with warm water and detergent; bleach may be added but is not necessary.
- Clean and disinfect all "high-touch" surfaces every day (including counters, tabletops, doorknobs, faucets, toilets, phones, tv remotes, keys, keyboards), and especially any surfaces that may have body fluids on them. Use household cleaning and disinfectant sprays or wipes, according to the product label instructions. More info: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html>

Practice home care:

- Rest and drink plenty of fluids. You may take acetaminophen (Tylenol®) to reduce fever and pain.
 - Do not give children younger than age 2 years any medications without first checking with a doctor.
 - Note that medicines do not "cure" COVID-19 and do not stop you from spreading the virus.
- Seek medical care if your symptoms get worse, especially if you are at a higher risk of serious illness.
- **Symptoms that indicate you should seek medical care include:**



- If possible, call ahead before going to your doctor's office or hospital and tell them you are in Isolation for COVID-19 to prepare health care personnel for your arrival and protect others from getting infected.
 - Do not wait in any waiting rooms and do wear a face covering or mask at all times if possible.
 - Do not use public transportation.
 - If you call 911, first notify the dispatch and paramedics that you are under isolation for COVID-19.

Copies of these Guidelines and answers to common questions are available in multiple languages. Visit <http://www.sfgdcp.org/covid19> under **Isolation and Quarantine Directives** or call 3-1-1.

Thank you for your cooperation in this important public health matter.