



**DIRECTIVE OF THE HEALTH OFFICER No. 2020-03**

**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: 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”). 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 diagnosed with, or are likely to have, the COVID-19 virus to self-isolate. 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.

**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, other than a minor child or individual with special needs who requires specialized care, 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 COVID-19 virus; OR**
  - b. The person has signs and 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 who had or was believed to have had COVID-19; OR**
  - c. The person has been informed by a healthcare provider that they are likely to have COVID-19; OR**
  - d. The person has signs and symptoms that are consistent with COVID-19 and is awaiting results of testing for COVID-19.**
  
- 2. Any person who meets any of the criteria set forth in Section 1 must do all of the following:**



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- a. **The person must immediately self-isolate in that person’s residence or another residence, such as a hotel or motel, until both of the following criteria are met:**
    - i. **At least three (3) days (72 hours) have passed since recovery, defined as the resolution of fever without use of fever-reducing medications and improvement of respiratory symptoms (e.g., cough, shortness of breath), AND**
    - ii. **At least seven (7) days have passed since symptoms first appeared, or if the person never had symptoms, then at least 7 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.sfcdep.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.**
  - c. **The person must notify any Close Contact that they need to self-quarantine for fourteen (14) days pursuant to Health Officer Directive No. 2020-02. The person should refer their Close Contacts to Health Officer Directive No. 2020-02 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 attached to this Directive and which is available online here: <https://www.sfcdep.org/Home-Isolation-Quarantine-Guidelines>. This is necessary because Close Contacts of a person who has been diagnosed with or is likely to have the 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 intent of this Directive is to ensure that any person who has been diagnosed with or is likely to have 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.**
  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**



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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.

5. 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 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.
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, and guidance issued by the California Department of Public Health and Centers for Disease Control and Prevention, as each of them have 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.
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



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- 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 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 the date of their positive test if the person with COVID-19 had no symptoms).

- 9. 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.

A handwritten signature in blue ink that reads "Tomás Aragón".

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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.

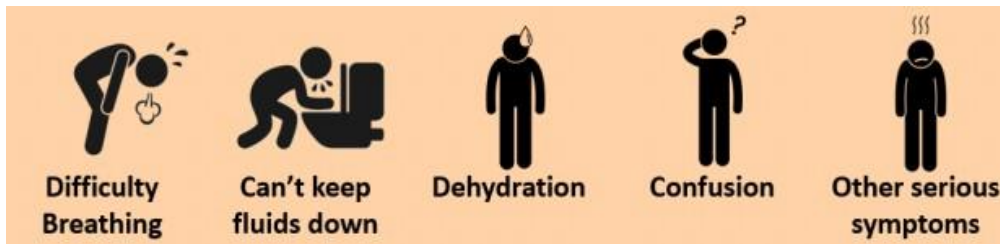
If you cannot meet the requirements for Isolation or Quarantine where you currently live, you can contact 3-1-1 to request assistance with housing, food, or other needs.

### 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.**