



DIRECTIVE OF THE HEALTH OFFICER No. 2020-03b

**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 4, 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. This Directive was updated on May 4, 2020, to incorporate changes to the self-isolation protocol based on new 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, 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.**



HEALTH OFFICER DIRECTIVE No. 2020-03b

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, 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 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.sfdcp.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. 2020-02b. The person should refer their Close Contacts to Health Officer Directive No. 2020-02b 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.sfdcp.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.



HEALTH OFFICER DIRECTIVE No. 2020-03b

- 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 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 4, 2020, of 1,624 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:**



HEALTH OFFICER DIRECTIVE No. 2020-03b

- 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 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 4, 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 11:59 p.m. on May 4, 2020, this Directive revises and replaces Directive Number 2020-03, issued May 1, 2020.**

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

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

May 4, 2020