



**DIRECTIVE OF THE HEALTH OFFICER No. 2020-02f**

**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: December 30, 2021

Summary: SARS-CoV-2, the virus that causes Coronavirus 2019 Disease (“COVID-19”), is easily transmitted, especially in group settings, and 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. The spread of COVID-19 (which includes people without symptoms) remains a danger to the health of the public within the City and County of San Francisco (the “City”), and in particular to people who are who are not up to date on their vaccines. Omicron, the latest variant of COVID-19, is spreading rapidly across the country and now throughout the Bay Area. Omicron is significantly more contagious than the Delta variant. 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 and protect vulnerable individuals, it is necessary that anyone who is not up to date on COVID-19 vaccines who is exposed to a person diagnosed with or likely to have COVID-19 self-quarantine subject to the rules listed in this Directive. And all people who had close contact with someone with COVID-19 should self-monitor and then isolate if they develop symptoms. Quarantine separates an at-risk person who knows that they have been exposed to COVID-19 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 not eligible for vaccinations (children under five) or boosters at this time, and those who are high risk for serious illness. The update to this Directive includes recently updated guidelines on shortened quarantine duration and exceptions to who must quarantine, but the rules listed below should be consulted for details. For additional information about quarantine requirements, see [www.sfdph.org/dph/COVID-19/Isolation-and-Quarantine.asp](http://www.sfdph.org/dph/COVID-19/Isolation-and-Quarantine.asp).

**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 DIRECTS AS FOLLOWS:**

1. Definitions.

- a. *CDC*. “CDC” means the United States Centers for Disease Control and Prevention.
- b. *CDPH*. “CDPH” means the California Department of Public Health.
- c. *Close Contact*. “Close Contact” means being within six feet of a Person With COVID-19 for a total of 15 minutes or more in a 24-hour period while the person is contagious. A person is considered contagious if they *either* (i) had symptoms, from 48 hours before



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their symptoms began until at least five days after the start of symptoms, *or* (ii) did not have symptoms but learned they were COVID-19 positive from a test, from 48 hours before their COVID-19 test was collected until five days after they were tested.

- d. *High-Risk Setting*. “High-Risk Setting” means certain care or living settings involving many people, including many congregate settings, where vulnerable populations reside out of necessity and where the risk of COVID-19 transmission is high, consisting of general acute care hospitals, skilled nursing facilities (including subacute facilities), intermediate care facilities, residential care facilities for the elderly, homeless shelters, and jails (including, but not limited to, Juvenile Justice Center Juvenile Hall).
- e. *Person With COVID-19*. “Person With COVID-19” means a person who tests positive for the virus that causes COVID-19 (SARS-CoV-2) or has been clinically diagnosed with COVID-19 by a healthcare provider. A person is no longer considered a Person With COVID-19 once all of the following occur: (a) at least one day (i.e., 24 hours) has passed since their last fever (without use of fever-reducing medications), and (b) there has been improvement of other symptoms, and (c) at least five 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 five days after the date of their first positive test.
- f. *Up-to-Date on Vaccination*. “Up-to-Date on Vaccination” means (i) two weeks after completing the full initial course of vaccination with a vaccine authorized to prevent COVID-19 by the FDA, including by way of an emergency use authorization, or by the World Health Organization (WHO) (also defined as being Fully Vaccinated) and (ii) one week after receiving a Booster once a person is eligible for a Booster. Until a person is eligible for a Booster, they are considered Up-to-Date on Vaccination two weeks after completing their full initial series of vaccination.

Other terms used in this Directive have the same meaning given to them in Health Officer Order No. C19-07y.

2. Quarantine Requirement for Close Contacts of a Person With COVID-19.
  - a. Except as specifically stated in Section 3, below, any person—other than health care personnel and people who live in a long term care facility or other High Risk Setting—who has Close Contact with a Person With COVID-19 must follow the relevant guidelines for “Person Who Are Exposed to Someone With COVID-19” set forth in the CDPH “Guidance on Isolation and Quarantine for COVID-19 Contact Tracing” (<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx>).
  - b. Any health care personnel who has Close Contact with a Person With COVID-19 must follow CDPH “Guidance on Quarantine for Health Care Personnel (HCP) Exposed to SARS-CoV-2 and Return to Work for HCP with COVID-19” (<https://www.cdph.ca.gov/Programs/CHCQ/LCP/Pages/AFL-21-08.aspx>). But in the event of a critical staffing shortages, employers of health care personnel may follow CDC guidance on Strategies to Mitigate Healthcare Personnel Staffing Shortages, which can be found at <https://www.cdc.gov/coronavirus/2019-ncov/hcp/mitigating-staff-shortages.html>.



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- c. Any person who lives in a long term care facility who has Close Contact with a Person With COVID-19 must follow the quarantine guidelines set forth in the San Francisco Department of Public Health “Interim Guidance: Prevention and Management of COVID-19 in Long-Term Care Facilities” (<https://www.sfdph.org/dph/files/ig/COVID-19-Prevention-Management-LTCFS.pdf>).
  - d. Any person who (i) lives in a High Risk Setting *other than long term care facility*, (ii) is not Up-to-Date on Vaccination, and (iii) has Close Contact with a Person With COVID-19 must quarantine for 14 days. They cannot end their quarantine early with a negative COVID-19 test.
  - e. A person who works in a High Risk Setting and has a Close Contact with a Person With COVID-19 must notify their employer and follow any workplace policies and requirements concerning return to work.
  - f. A person who is not Up-to-Date on Vaccination who has a Close Contact with a Person With COVID-19 cannot visit a High Risk Setting until 14 days after their last Close Contact. Any person who has a Close Contact with a Person With COVID-19 cannot visit a Skilled Nursing Facility until 14 days after their last Close Contact, regardless of their vaccination status.
3. Exceptions and Exemptions.
- a. Minors and adults with special needs who are unable to care for themselves do not have to quarantine away from caregivers in their Residence. But, they should stay at their Residence and avoid people outside their Household except to receive medical care during the quarantine period. And those living with them or providing care to them are strongly encouraged to wear a Well-Fitted Mask and wash their hands frequently during the quarantine period; if their caregivers are not Up-to-Date on COVID-19 Vaccines, they must also quarantine per the terms of this Directive after their last Close Contact with the Person With COVID-19.
  - b. TK-12 students who are not Up-to-Date on Vaccination and have a Close Contact with a Person With COVID-19 in any school setting in which students are supervised by school staff (including indoor or outdoor school settings and school buses, including on buses operated by public and private school systems) may undergo a modified quarantine as detailed in CDPH’s “COVID-19 Public Health Guidance for K-12 Schools in California, 2021-22 School Year” (available at <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/K-12-Guidance-2021-22-School-Year.aspx>).
  - c. Generally, children and youth who have Close Contact with a Person With COVID-19 outdoors at a school, childcare, or Program for Children and Youth will not be considered a Close Contact who is required to quarantine unless the Close Contact occurs (1) during a high-contact sport or dance or (2) while stationary (e.g., while eating a meal or otherwise seated close together). This is because quarantine is only required if the child is within six feet of the case for at least at least 15 minutes within a 24-hour period.
  - d. A health care professional who provides treatment to a Person With COVID-19 is not considered a Close Contact as long as the health care professional was wearing appropriate personal protective equipment during the contact as defined by their institution.



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4. This Directive is necessary in light of the ongoing pandemic, and although many people in the City have received several doses of vaccine, not everyone is eligible for vaccination or Up-to-Date on Vaccination and even people who have received all vaccine doses for which they are eligible can become infected by SARS-CoV-2 and transmit to others, especially since the arrival of the Omicron variant.
5. 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.
6. This Directive becomes effective immediately on issuance and will be in effect until it is extended, rescinded, superseded, or amended in writing by the Health Officer. Also, effective immediately on issuance, this Directive revises and replaces Directive Number 2020-02e, updated September 21, 2021.
7. For purposes of this Directive, any future changes provided online to the Isolation and Quarantine Instructions or any other CDPH guidance listed in this Directive are automatically incorporated into this Directive by this reference. Any health and safety plan approved by the Health Officer addressing quarantine may continue to be followed.

A handwritten signature in black ink, appearing to read "Susan Philip", written over a horizontal line.

Susan Philip, MD, MPH,  
Health Officer of the  
City and County of San Francisco

December 30, 2021