DIRECTIVE OF THE HEALTH OFFICER No. 2020-03d

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: December 24, 2020 (updated December 30, 2020)

Summary: 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 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, protect vulnerable individuals, and prevent the healthcare system in the City from becoming overwhelmed, it is necessary that anyone diagnosed with, or likely to have, COVID-19 self-isolate. Isolation separates an individual who is known or likely to be infected from others until the individual is no longer contagious. This self-isolation requirement protects everyone in the City, including people who are high risk for serious illness. This Directive was updated on December 24, 2020, to ensure consistency with the related self-quarantine directive and to attach updated guidance~~.~~, with minor clarifications made on December 30, 2020.

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 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 virus that causes COVID-19 (SARS-CoV-2); OR

   b. The person has signs and 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 who had COVID-19; OR

   c. The person has been clinically diagnosed with COVID-19 by a healthcare provider, and if not already done, the provider should confirm the diagnosis via testing as soon as possible given the availability of testing; OR

   d. The person has signs and symptoms that are consistent with COVID-19 and is awaiting results of testing for COVID-19.

   For purposes of this Directive, COVID-19 symptoms 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, and a list of symptoms is available online at www.sfcdcp.org/covid19symptoms.

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, away from other people. The person must carefully review and closely follow all home isolation guidelines listed in the guidance issued by 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~~28, 2020)*—a copy of which is attached to this Directive and is available online at www.sfcdcp.org/i&q. The **Isolation and Quarantine Guidance** includes all rules listed in this Directive.

   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.

   b. If the person is not a Close Contact of a confirmed COVID-19 case, has symptoms, *and* got tested, AND if the test results came back negative, then the person must remain in isolation until both i) the person's symptoms are improving and ii) the person has had no fever for 24 hours without using fever-reducing ~~mediations. To be safe, it is recommended that the person avoid contact with others for ten (10) days after the start of their symptoms, and the~~medications. The person is encouraged to consult with their healthcare provider~~.~~ to see if they should continue isolation until ten (10) days after the start of symptoms, as some individuals may test negative early in infection.

   c. In all other situations—including if the person has COVID-19 (had a positive test or received a diagnosis by a healthcare professional) OR the person is a Close Contact of a confirmed COVID-19 case (regardless of whether they had symptoms or got tested) OR the person had symptoms and did not get tested—then the person must continue isolation until both of the following criteria are met:

      i. At least one (1) day (24 hours) has passed since recovery, defined as the resolution of fever without use of fever-reducing medications and improvement of other symptoms, 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, or if the person was a Close Contact, had symptoms, and tested negative, then when their quarantine period is finished.

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~~Note that these rules mean a person must~~A Close Contact who develops symptoms or tests positive during quarantine may need to isolate for a full ten (10) days after onset of symptoms, which ~~might be well into~~may extend beyond the ~~isolation~~end of their quarantine period ~~for a Close Contact.~~.

d. If the person has COVID-19 (a positive test or diagnosis from a healthcare provider~~) OR the person was a Close Contact of someone with COVID-19 and then develops symptoms while in isolation,~~), then the person must notify any Close Contact that they need to self-quarantine for ten (10) or more days as required by Health Officer Directive No. 2020-02d. The person should refer their Close Contacts to Health Officer Directive No. 2020-02d (available online at www.sfdph.org/directives) and to the **Isolation and Quarantine Guidance** (attached and available online at www.sfcdcp.org/i&q). This is necessary because Close Contacts of a person who has been diagnosed with the virus that causes COVID-19 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. This Directive's intent is to ensure that any person who has been diagnosed with or is likely to have COVID-19 (including those without symptoms or with mild symptoms) avoids contact with others to slow the spread of COVID-19 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 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 virus that causes COVID-19 in the general public, 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 December 20, 2020, of 21,168 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).

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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, 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.

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
        iii. Stayed within 6 feet of the person with COVID-19 for 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)

    at any time during the period starting 48 hours before the person with COVID-19's symptoms began (or starting 48 hours before the date of their positive test if the person with COVID-19 had no symptoms).

9. This Directive becomes effective at 6:00 p.m. on December 24, 2020 and will be in effect until it is extended, rescinded, superseded, or amended in writing by the Health Officer. Also, effective as of 6:00 p.m. on December 24, 2020, this Directive revises and replaces Directive Number 2020-03c, issued 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 by this reference.

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10. 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.

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

December ~~24~~30, 2020

San Francisco
Department of Public Health

Home Isolation and Quarantine Instructions

Caring for yourself and others during COVID-19

This document includes isolation and quarantine instructions, information on self-care and how to protect your family, household, friends and community during COVID-19. You may want to read it in full, and share with others, to stay prepared.

This document can be printed in 5 different 1-3 page sections, if needed, and covers the following topics:

What to do if you have symptoms but haven't been diagnosed with COVID-19 2

What to do if you had a positive COVID-19 test or were diagnosed with COVID-19 4

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What to do if you have symptoms but haven't been diagnosed with COVID-19

Home Isolation Instructions for Symptoms

These instructions are for people who have NOT had close contact with someone with COVID-19, and have not been tested or are waiting for their test result.

1. Stay home except to get tested or get medical care.

- You should stay at home even if you haven't been tested yet.
  You must stay at home while you're waiting for your test result.
- Do not let visitors inside your home, unless you need their help to take care of you. Friends and family can leave food, medicine, and other things you need outside your door.
- If you leave home to get tested or get medical care, avoid using public transportation, taxis, or ride-shares (Lyft, Uber) if possible. For more information, see www.sfcdcp.org/safertransit.

2. Get tested.

- Contact your doctor or the clinic listed on your health insurance card. Tell them that you have symptoms of COVID-19. Health care providers in San Francisco are required to offer you a test for COVID-19 if you have COVID-19 symptoms, under Health Order C19-15c.
- If you do not have health insurance or a regular doctor, see https://sf.gov/gettested for places where you can get tested for free.

3. Care for yourself and watch for worsening COVID-19 symptoms.

Most people with COVID-19 symptoms have mild illness and can recover at home without medical care. Take care of yourself. Rest and drink plenty of fluids. Over-the-counter medicine like acetaminophen (Tylenol®) or ibuprofen (Motrin® or Advil®) can help relieve fever or pain.

Symptoms appear 2-14 days after someone is infected, usually 5-6 days later. Symptoms include:

- Fever, chills, or repeated shaking/ shivering
- Cough
- Shortness of breath or trouble breathing
- Sore throat
- Loss of taste or smell. Food and drink may taste or smell different.
- Feeling unusually weak or tired
- Muscle aches
- Headache
- Runny or congested nose
- Nausea, vomiting, or diarrhea

Call your doctor if your symptoms get worse, especially if you have trouble breathing. See the section below, "When to get medical care."

4. Try to stay away from other people in your home, in case you are infected.

Read the section below, titled "Protecting Your Loved Ones and Others in Your Home."

Ending isolation after COVID-19 symptoms: When can I be around other people?

If your test is negative.

In most cases, you can be around people if:

- You had no fevers in the last 24 hours, without using fever-reducing medication **and**
- Your symptoms are improving.

There is still a chance that you could have COVID-19 and spread it to other people. People can test negative early in their infection. To be safe, you may want to stay at home for 10 days after your symptoms started. Talk with your doctor if you are not sure what to do.

If you had close contact with someone who has COVID-19 in the last 10 days, you still must stay at home until your quarantine ends. See the section below, titled "What to do if you had close contact with someone with COVID 19: Home Quarantine Instructions"

If your test is positive,

See the section on "What to do if you had a positive COVID-19 test: Home Isolation Instructions for COVID-19." In most cases, you can be around people when all of the following are true:

- It's been 10 days after your symptoms started **and**
- You had no fever in the last 24 hours, without taking medicine for fever **and**
- Your symptoms are improving.

If you didn't get tested or you're still waiting for your test result.

You can be around other people when all of the following are true

- It's been 10 days since your symptoms started **and**
- You had no fever in the last 24 hours, without taking medicine for fever **and**
- Your symptoms are improving.

What if I have symptoms, but I already had COVID-19 in the last 3 months?

Consult your health care provider. Your health care provider will decide if you need to be tested or stay in isolation.

Does everyone in my home have to stay at home until I get my test result?

No. Oher people in your household can still work, attend school, and continue their usual activities, as long as they don't have COVID-19 symptoms.

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What to do if you had a positive COVID-19 test or were diagnosed with COVID-19

Home Isolation Instructions for COVID-19

1. Stay home except to get medical care.

- You must stay at home and away from other people, except to get medical care.
- Do not let visitors inside your home, unless you need their help to take care of you. Friends and family can leave food, medicine, and other things you need outside your door.
- If people enter your home to take care of you, they must quarantine. See the section on close contact and quarantine for more information.
- Call 3-1-1 if you cannot isolate from other people where you live, or if you need food or other resources to stay at home.

2. Answer the phone if you get a call from (916) 262-7553.

This is a trained health worker from the San Francisco Department of Public Health calling because you have COVID-19. The health worker will ask how you are doing and connect you to food, housing, and other support so you can stay at home safely. Health department staff will also help notify people you were in close contact with (within 6 feet for a total of 15 minutes or more) and might have been exposed to COVID-19.

Your name will **not** be shared with people you had close contact with.

Health workers **will not** ask you for:

- Your immigration status or Social Security number
- Money
- Bank account or credit card numbers

3. Tell your close contacts that they have been exposed to COVID-19.

A close contact is anyone who was within 6 feet of you for a total of 15 minutes or more over the course of a day, starting 48 hours before your symptoms began (if you had no symptoms, 48 hours before your positive test was collected from you).[1]

An infected person can spread COVID-19 to others before they have symptoms or test positive. By letting your close contacts know that they may be infected and need to quarantine, you're helping to keep COVID-19 from spreading.

- Give or send your close contacts a copy of the section titled "What to do if you had close contact with someone with COVID 19: Home Quarantine Instructions," online at www.sfcdcp.org/i&q

[1] A close contact also includes anyone who lived or stayed overnight with you; took care of you or you took care of them; were physically intimate with you, including only kissing or having sex; or had contact with your bodily fluids (you coughed or sneezed on them, shared eating utensils, or drank out of the same cup or bottle), while you're contagious.

- If you **already** had the California Notify app (canotify.ca.gov) on your smartphone **before** your positive COVID-19 test, enter the California DPH code texted to you into the app. People who had the app on their phone when they had close contact with you will be told that they were exposed to COVID-19. They will be told the date of the exposure but not the time, location, or who you are.

4. Care for yourself and watch for worsening COVID-19 symptoms.

Most people with COVID-19 symptoms have mild illness and can recover at home without medical care. Take care of yourself. Rest and drink plenty of fluids. Over-the-counter medicine like acetaminophen (Tylenol®) or ibuprofen (Motrin® or Advil®) can help relieve fever or pain.

Symptoms appear 2-14 days after someone is infected, usually 5-6 days later. Symptoms include:

- Fever, chills, or repeated shaking/ shivering
- Cough
- Shortness of breath or trouble breathing
- Sore throat
- Loss of taste or smell. Food and drink may taste or smell different.
- Feeling unusually weak or tired
- Muscle aches
- Headache
- Runny or congested nose
- Nausea, vomiting, or diarrhea

Call your doctor if your symptoms get worse, especially you have trouble breathing. See the section titled "When to get medical care."

5. Try to stay away from other people in your home.

- Read the section titled "Protecting Your Loved Ones and Others in Your Home."

Ending isolation: When can I safely be around others after COVID-19?

If you had symptoms,

You can be around others when all of the following are true:

- It's been 10 days since symptoms first appeared **and**
- You had no fever in the last 24 hours, without taking medicine for fever **and**
- Your symptoms are improving.
  You can be around others even if changes in taste or smell are not improving. Loss of taste or smell can last for weeks to months.

If you never had any symptoms, you can be with others after:

- It's been 10 days since the day of your positive test was collected.

If your symptoms started after your positive test, see the instructions for if you had symptoms above.

If you had severe illness from COVID-19 (you were hospitalized and needed oxygen),

you may need to stay in isolation for up to 20 days after your symptoms first appeared. Ask your hospital team or health care provider.

If you have a weakened immune system or are immunocompromised,

which can include, for example, people who are undergoing cancer treatment, or people who have had an organ transplant, or people who are being treated for some autoimmune diseases) you may need to stay home and isolate for up to 20 days. Talk to your healthcare provider.

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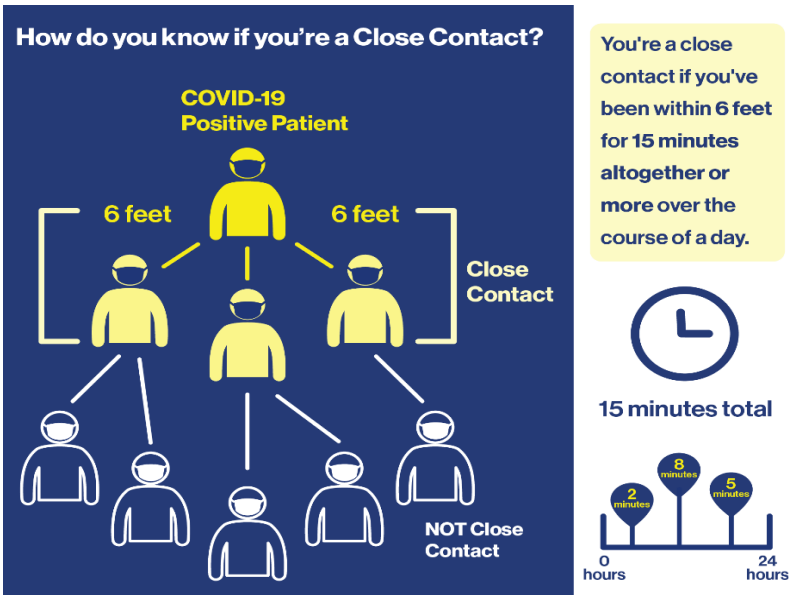
What to do if you had close contact with someone with COVID-19

Home Quarantine Instructions

If you had close contact with someone who has COVID-19, you may be infected. You could spread the infection to others, even before you develop symptoms or test positive. If you are quarantining for travel reasons, you will need to follow these same instructions. Here's what you need to do:



1. Stay home except to get tested or get medical care.

- You must stay at home and away from other people, except to get tested or get medical care.
- Do not let visitors inside your home, unless you need help to take care of you. Friends and family can leave food, medicine, and other things you need outside your door.
- If you leave home to get tested or get medical care, avoid using public transportation, taxis, or ride-shares (Lyft, Uber) if possible. For more information, see www.sfcdcp.org/safertransit.
- Call 3-1-1 if you cannot quarantine where you live, or if you need food or other resources.

2. Get tested.

A COVID-19 test is strongly recommended for close contacts, especially if you live with someone who is more likely to get very sick if they get COVID-19. For a list of groups who are at higher risk of severe COVID-19, see sfcdcp.org/vulnerable.

- Get tested **6 days after your last close contact**, if you don't develop any symptoms before then.
- Get tested **right away if you develop symptoms** at any point during your quarantine, even if you had a negative test earlier during quarantine.

Stay home until the end of your quarantine, even if your test is negative.

You could still be infected. People can test negative early in their infection.

To get a COVID-19 test,

- Contact your doctor or the clinic listed on your health insurance card. Tell them that you had close contact with someone with COVID-19. Health care providers in San Francisco are required to offer you a test for COVID-19 if you have COVID-19 symptoms, under Health Order C19-15c.

- If you do not have health insurance or a regular doctor, see https://sf.gov/gettested for places where you can get tested for free.

3. Answer the phone if you get a call from (916) 262-7553.

This is a health worker from the San Francisco Department of Public Health calling because you have been exposed to COVID-19. They can answer your questions about COVID-19 and quarantine, help you get tested, and help connect you to food, housing, or other support so you can stay at home.

Health department staff **will not** ask you for:

- Your Social Security number or immigration status
- Money
- Bank account or credit card numbers

4. Watch for symptoms of COVID-19.

Get tested if you develop symptoms, even if you already had a negative COVID-19 test earlier during quarantine. Symptoms appear 2-14 days after someone is infected, usually in 5-6 days. Symptoms include:

- Fever, chills, or shaking/ shivering
- Cough
- Shortness of breath or trouble breathing
- Loss of taste or smell. Food and drink may smell or taste different
- Sore throat
- Feeling unusually weak or tired
- Muscle aches
- Headache
- Runny or congested nose
- Nausea, vomiting, or diarrhea

Most people with COVID-19 symptoms have mild illness and can recover at home without medical care. Take care of yourself. Rest and drink plenty of fluids. Over-the-counter medicine like acetaminophen (Tylenol®) or ibuprofen (Motrin® or Advil®) can help relieve fever or pain.

Call your doctor if your symptoms get worse, especially you have trouble breathing. See "When to get medical care" below

5. Try to stay away from other people in your home, in case you are infected.

Read the section below, titled "Protecting Your Loved Ones and Others in Your Home."

What if I already had COVID-19 in the last 3 months?

If you had COVID-19 in the last 3 months, confirmed by a lab test, you do not have to quarantine, as long as you have no symptoms. You must watch for symptoms for 14 days after your last close contact with the person who has COVID-19.

If you develop symptoms, quarantine at home until you can consult with your health care provider. Your health care provider will decide if you need to be tested or stay in quarantine.

Does everyone in my home have to quarantine with me?

No. Only people who had close contact with someone with COVID-19 must quarantine. Oher people you live with can leave home, as long as they don't have COVID-19 symptoms.

Ending quarantine: When can I safely be around others?

If you don't develop any symptoms and don't have a positive test, you can be around other people 10 days after your last close contact with someone who has COVID-19.

- If you can't stay apart from the person who has COVID-19 (for example, a child or someone you take care of), you must quarantine for 10 days after they are no longer infectious. In most cases, this is 20 days after the person started having COVID-19 symptoms, or if they never have symptoms, 20 days after their positive test.
- *Keep watching for symptoms from days 10-14.*
  There is a very small chance that you could still be infected and could spread it to others. If you develop symptoms during this time, get tested, stay at home except to get medical care, and take steps to protect others in your household until you get your test result.
- During this time, avoid higher-risk activities like eating with others or being around others without a mask, especially around people who are more likely to get very sick if they get COVID-19. For a list of groups who are at higher risk of severe COVID-19, see sfcdcp.org/vulnerable. If you do not develop symptoms during the 14 days after your exposure, you can resume your usual activities.

If you live in a jail, nursing home, shelter, or dormitory, you must wait 14 days after your last close contact.

If you work in one of these places, you must wait 14 days to return to work, unless you are an essential worker (see returning to work below). This is because COVID-19 can spread quickly in jails, nursing homes, and other places where many people live together.

What if I have symptoms during quarantine?

You should get tested right away, even if you had a negative test earlier during your quarantine.

If you have symptoms and test negative, you can end quarantine when

- It's been 10 days since your last close contact with the person with COVID-19 **and**
- You had no fever in the last 24 hours, without using medicine for fever **and**
- Your symptoms are improving.

If you have symptoms but don't get tested, or you're waiting for your test result, you must wait until

- It's been at least 10 days since your last close contact with the person with COVID-19 **and**
- It's been at least 10 days since your symptoms started **and**
- You had no feversin the last 24 hours, without using medicine for fever **and**
- Your symptoms are improving.

What if I have a positive test during quarantine?

Usually, you must stay home until 10 days after your symptoms started, you have not had fever for 24 hours, and your symptoms are improving. If you didn't have symptoms, you must stay home for 10 days after your positive test. For more information, read "Ending isolation after a positive COVID-19 test or COVID-19 diagnosis."

Caring for Yourself and Others

Protecting your loved ones and others in your home from COVID-19

It can be scary to think that you might give COVID-19 to your family and other people you live with. You can take some simple and important steps to help keep COVID-19 from spreading in your home, even before you get your test result.

Not everyone can take these steps all the time, especially with young children. However, by taking as many steps as you can, as much as you can, you can protect those you love and those living with you.

- **Try to stay away from other people and pets at home**, especially older people and others who are more likely to become very ill from COVID-19. For a list of groups who are at higher risk of severe COVID-19, see sfcdcp.org/vulnerable.
- **Stay in a separate room** if you can, especially when you are sleeping, eating, and other times when your mask is off. Use a separate bathroom if you can.
- **Wear a face mask at home**. **Have other people wear face masks at home too.** For safety, children 0-23 months and anyone else who cannot take off a mask without help should not wear a mask. You do not need to wear a mask when you are in a separate room that no one else enters.
- **Open windows** if it's safe to do so. The virus that causes COVID-19 can build up in the air indoors, so you'll want to bring in as much fresh air as possible. If you live with children, open windows no wider than 4 inches to prevent falls. You can also put a fan in front of an open window to blow indoor air out of the house. For more information, see sfcdcp.org/covid-ventilation.
- Wash or sanitize your hands often.
- Don't share personal household items, like cups, towels, and utensils.
- Avoid preparing food for other people. If you must prepare food for others, wear a mask while preparing food, and wash your hands with soap beforehand.

When to get medical care

- **Get medical care if your symptoms get worse**, especially you have trouble breathing. For example, worrisome signs can include
    - Feeling out of breath, dizzy or light-headed when you're moving around the house, preparing meals, showering or bathing, or doing light housekeeping
    - Dehydration because you are too ill or too tired to eat or drink.
- **Seek emergency medical care** immediately for any of these warning signs.
    - Trouble breathing
    - Chest pain or pressure that is not going away
    - Being more confused than usual
    - Trouble waking up or staying awake

- Blue-ish lips or face

If you need to get medical care

- Call ahead to the clinic or emergency room, if you can. Tell them that you have COVID-19. If you call 911, tell the operator that you have COVID-19. This helps health care staff prepare for your arrival.
- Avoid using public transportation, taxis, or rideshares (Lyft, Uber) if you can, so you don't expose other people. If you must use public transit, see https://www.sfcdcp.org/safertransit
- Do not wait in the waiting room. Wear a face covering or mask at all times if possible.

Essential Workers: Returning to work before your isolation or quarantine ends

Some workers in the following groups are allowed to return to work early during staff shortages. Your employer may require you to wear a surgical mask or take other precautions until your isolation or quarantine ends. Consult your employer.

- **Essential COVID-19 response workers.** You're part of this group if you're a health care worker, lab worker handling COVID-19 specimens, morgue worker, sanitation worker, first responder, law enforcement, 911 or 311 operator, or emergency management personnel; if you're assigned to work as a Disaster Service Worker, and if you work in a long-term care facility (nursing home) or homeless shelter.
- **Social service workers in child welfare (e.g. Child Protective Services, Foster Care) and assisted living facilities** who have face-to-face contact with clients.

How long should I stay home?

Read "Testing, Isolation and Quarantine" at
http://www.sf.gov/file/after-your-covid-19-test-booklet
(you can use the QR code to open it on your phone or tablet).
The bolded titles on this page refer to sections in that booklet.

I have symptoms.
(See right for symptoms)

- Fever (100.4°F / 38.0°C or higher)
- Cough or sore throat
- Loss of taste and smell
- Shortness of breath
- See **What is COVID-19?** for other symptoms

Isolate yourself and get tested.
See **What are the rules for isolating or quarantining?**

My COVID-19 test result was NEGATIVE.
See **What if I get a negative COVID-19 test?**

Isolate from others while you have symptoms, especially around vulnerable people.
See **www.sfcdcp.org/vulnerable**

End isolation* when:
- your symptoms are improving, AND
- you have had no fever for 24 hours.

Consider staying isolated for 10 days since you first felt symptoms. Talk with your doctor if possible.

My COVID-19 test result was POSITIVE.
See **What if I get a positive COVID-19 test?**

Isolate yourself at home, including from others who live with you when possible.
See **If I have COVID-19, or symptoms or I was exposed, how do I protect my family, household, loved ones, and community?**

End isolation* when:
- your symptoms are improving, AND
- you have had no fever for 24 hours, AND
- it has been 10 days since you got tested

I had close contact with someone who tested positive for COVID-19.
See **What should I do if I have been exposed to COVID-19?**

Quarantine yourself. Testing is not mandatory, but is strongly encouraged.
See **What are the rules for isolating or quarantining?**

My COVID-19 test result was NEGATIVE.
See **What should I do if I have been exposed to COVID-19?**

You **must** still quarantine yourself because the test result could be wrong or you could still develop COVID-19 infection.

End quarantine* after a mimimum of 10 days since your last contact, although 14 days is still encouraged.

Get tested again if you develop symptoms.

*Healthcare workers, people who work in group settings or people with certain health conditions may need to follow different rules. Talk to your healthcare provider or employer if you have questions.

City & County of San Francisco