DIRECTIVE OF THE HEALTH OFFICER No. 2020-03e (updated)

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: July 21, 2021 (updated September 21, 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 not Fully Vaccinated. 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 diagnosed with, or likely to have, COVID-19 self-isolate subject to the rules listed in
this Directive. Isolation separates an individual who is known to be infected 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 not Fully Vaccinated and are high risk for serious
illness. The update to this Directive includes a general exception for some people who have
completed their COVID-19 vaccination, but the rules listed below should be consulted for details.
For additional information about quarantine requirements, see https://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 (“HEALTH
OFFICER”) DIRECTS AS FOLLOWS:

1. **Definitions.**

   For purposes of this directive:

   a. For the purposes of this Directive, a “Close Contact” of a Person With COVID-19 means
      either a person who was identified as a close contact by a health care provider or public
      health official or a person who knowingly had any of the following types of contact with
      a Person With COVID-19 while the Person With COVID-19 was contagious:

      i. Lived in or stayed at the same residence as the person with
         COVID-19 for any amount of time; 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 (for example, 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).

A Person With COVID-19 is considered contagious 48 hours before their symptoms began until at least 10 days after the start of symptoms. If the Person With COVID-19 never had symptoms, they are considered contagious 48 hours before their COVID-19 test was collected until 10 days after they were tested.

b. “COVID-19 Symptoms” means the symptoms listed at https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html, which 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.

c. A “Person With COVID-19” means a person who meets any of the following criteria:

i. The person has a positive lab test for the virus that causes COVID-19 (SARS-CoV-2); or

ii. The person 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 (1) day (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 ten (10) 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 ten (10) days after the date of their first positive test.

d. A person is “Fully Vaccinated” two weeks after completing the entire recommended series of vaccination (usually one or two doses) 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. For example, as of the date of issuance of this Directive, an individual would be fully vaccinated at least two weeks after receiving a second dose of the Pfizer or Moderna COVID-19 vaccine or two weeks after receiving the single dose Johnson & Johnson’s Janssen COVID-19 vaccine.

e. “Health Care Settings” means acute care hospitals, skilled nursing facilities, and residential care facilities for the elderly.

f. “High-Risk Settings” means acute care hospitals, skilled nursing facilities, residential care facilities for the elderly, homeless shelters, and jails. This definition is intended to match the definition of the term High-Risk Settings listed in Health Officer Order No. C19-07 (the “Safer Return Together Order”), available online at www.sfdph.org/healthorders, and any changes to the definition in that order are automatically incorporated into this Directive by this reference.

g. “Isolate” means to stay separated from other people, in the person’s residence or another residence, such as a hotel or motel. The Department of Public Health (“DPH”) has issued guidance on how to isolate properly—referred to here as the “Isolation and Quarantine Instructions” and titled Home Isolation and Quarantine Instructions; What to do when you must stay home to prevent the spread of COVID-19. A copy of the Isolation and Quarantine Instructions is attached to this Directive and is also available online at https://www.sfdph.org/dph/alerts/covid-guidance/what-to-do-quarantine.pdf. A person
who is required to Isolate must carefully review and closely follow all home isolation
guidelines listed in the Isolation and Quarantine Instructions. Minors and adults with
special needs who are unable to care for themselves do not have to Isolate away from
caregivers in their home. However, they should stay at home and avoid people outside
their household except to receive medical care during the Isolation 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 Isolation period; if they are not Fully
Vaccinated, they must also Quarantine per the terms of this Directive.

   a. Person With COVID-19 Symptoms and No Known Close Contact
      i. Unless and until a person meets one of the criteria to end Isolation early as listed
         in subsection 2(a)(ii) below, any person (regardless of vaccination status) who has
         not had any known Close Contact with a Person With COVID-19, but has
         COVID-19 Symptoms that are new or unexplained by another condition—even if
         the symptoms are very mild—must Isolate until:
            • At least ten (10) days have passed since symptoms first appeared; and
            • At least 24 hours have passed since resolution of fever without the use of
              fever-reducing medications; and
            • The person’s other symptoms have improved.
      ii. A person who has not had any known Close Contact with a Person With COVID-
          19, but has COVID-19 Symptoms that are new or unexplained by another
          condition may end their Isolation early if:
             • The person receives a negative COVID-19 test, collected after start of
               symptoms; or
             • A healthcare provider has provided documentation that the symptoms are
               typical of their underlying chronic condition (e.g., allergies or asthma); or
             • A healthcare provider has confirmed an alternative named diagnosis (e.g.,
               Streptococcal pharyngitis, Coxsackie virus)—but are urged to stay home
               while sick to prevent the spread of diseases.
   b. Fully Vaccinated Person With COVID-19 Symptoms and Close Contact
      i. Except as specifically stated in subsection 2(b)(ii) below, a Fully Vaccinated
         person who has a Close Contact with a Person With COVID-19 and develops
         COVID-19 Symptoms that are new or unexplained by another condition—even if
         the symptoms are very mild—must Isolate until either:
            • At least ten (10) days have passed since symptoms first appeared, and at
              least 24 hours have passed since resolution of fever without the use of
              fever-reducing medications, and the person’s other symptoms have
              improved; or
            • They receive a negative COVID-19 test, collected after start of symptoms
              (but they are urged to stay home while sick to prevent the spread of
teaches).
      ii. Fully Vaccinated People who live in Health Care Settings must quarantine for
          fourteen (14) days since their last Close Contact with the Person With COVID-19.
c. Not Fully Vaccinated Person With COVID-19 Symptoms and Close Contact
   
i. A person who is not Fully Vaccinated who has a Close Contact with Person With COVID-19 and develops COVID-19 Symptoms that are new or unexplained by another condition—even if the symptoms are very mild—is strongly urged to be tested for COVID-19.
   
   ii. A person who does not get tested (or tests positive for COVID-19) must Isolate until:
       
       • At least ten (10) days have passed since symptoms first appeared; and
       • At least 24 hours have passed since resolution of fever without the use of fever-reducing medications; and
       • The person’s other symptoms have improved; and
       • Fourteen (14) days have passed since the last Close Contact with a Person With COVID-19.

   iii. A person who tests negative can end their quarantine fourteen (14) days after their last Close Contact with a Person With COVID-19.

  
d. Person With COVID-19
   
i. Any Person With COVID-19 is required to isolate until:
       
       • 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); and
       • At least 24 hours have passed since resolution of fever without the use of fever-reducing medications; and
       • The person’s symptoms have improved.

   ii. Any Person With COVID-19 is also required to notify any person who was a Close Contact that they may need to self-quarantine for ten (10) or more days as required by Health Officer Directive No. 2020-02. The Person With COVID-19 should refer their Close Contacts to Health Officer Directive No. 2020-02 (available online at www.sfdph.org/directives and to https://www.sfdph.org/dph/COVID-19/Isolation-and-Quarantine.asp). This is necessary because Close Contacts of a Person With COVID-19—especially those who are not Fully Vaccinated—can be infected and spread the virus 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, especially people who are not Fully Vaccinated. All provisions of this Directive must be interpreted to effectuate this intent.

4. This Directive is 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, Health Officer Order No. C19-07y, 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. But this Directive also functions independent of those emergency proclamations and other actions, and if any State, federal, or local emergency declaration, or any State or federal order or other guidance, is repealed, this Directive remains in full effect in accordance with its terms (subject to Section 6 below).

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 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 2020-03d, updated December 30, 2020. For purposes of this Directive, any future changes provided online to the Isolation and Quarantine Instructions or any other guidance listed in this Directive are automatically incorporated by this reference. Any health and safety plan approved by the Health Officer addressing isolation may continue to be followed.

Susan Philip, MD, MPH, September 21, 2021
Health Officer of the
City and County of San Francisco
Home Isolation and Quarantine Instructions
What to do when you must stay home to prevent the spread of COVID-19

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If you have COVID-19 or symptoms of COVID-19

Home Isolation Instructions

1. Stay home except to get tested or get medical care.
   - You must stay at home while you are contagious. See SFPDH’s Isolation and Quarantine webpage for when you can leave home.
   - Try to stay away from other people in your home, in case you are infected. See “Protecting your loved ones and others in your home.”
   - Don’t let visitors inside your home, unless you need their help to take care of you. People 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 you can. For more information, see www.sfcdcp.org/safertransit.
   - If you have COVID-19, you can leave a message at (628) 217-6101 if you need a place to stay away from others, food, financial help, or other help.

2. Get tested if you have symptoms.
   - Contact your doctor or the clinic. If you don’t have health insurance or a regular doctor, see sf.gov/gettested for places where you can get a free test.

3. If you test positive, tell your close contacts.
   Close contacts are people who’ve been within 6 feet of you for a combined total of 15 minutes or more over 24 hours, starting two days before your symptoms started until you started isolating (if you haven’t had symptoms, two days before you were tested).
   - Make a list of your close contacts. Questions to ask yourself when making your list:
     - Who lives with you?
     - Have you gone to work or school?
     - Have you gotten together with others (had a meal together, gone out for drinks, exercised with others, gone to a gym, had friends or family over to your house, volunteered, gone to a party)?
     - Have you gone to in-person appointments (the salon, barber, doctor or dentist)?
     - Have you ridden in a car with others (for example, Uber or Lyft)?
     - Have you been inside a church, synagogue, mosque or other place of worship?
   - Give your close contacts a copy of the SFDPH Quarantine Instructions. They are online at https://www.sfdph.org/dph/alerts/covid-guidance/what-to-do-quarantine.pdf
   - You can also tell people anonymously by email or text at www.tellyourcontacts.org. In your message, please include a link to SFDPH Quarantine Instructions: www.sfdph.org/dph/alerts/covid-guidance/what-to-do-quarantine.pdf
   - For more information on how to tell people, see CDC’s How to Talk to Your Close Contacts at https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/TellYourContacts.pdf

4. Care for yourself and watch for COVID-19 symptoms.
   See the section on “COVID-19 symptoms” below. Call your doctor if your symptoms get worse, especially you have trouble breathing. For more information, see “When to get medical care” below.

If you had close contact to someone with COVID-19 and weren’t fully vaccinated for 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.

1. **Stay home except to get tested or get medical care.**
   - You must stay at home until your quarantine ends. See SFDPH’s [Isolation and Quarantine](#) webpage for when you can leave home.
   - Try to stay away from other people in your home, in case you are infected. See “Protecting your loved ones and others in your home.”
   - Don’t let visitors inside your home, unless you need help to take care of you. People 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 you can. For more information, see [www.sfcdcp.org/safertransit](http://www.sfcdcp.org/safertransit).
   - Call the COVID Resource Center (628) 217-6101 and leave a message if you need a place to quarantine away from other people, or if you need food or other resources.

2. **Get tested.**
   - Get tested 5 days after your last close contact, if you don’t develop symptoms before then.
   - Get tested right away if you have symptoms.
     Contact your doctor or clinic to get tested. If you don’t have health insurance or a regular doctor, see [sf.gov/gettested](http://sf.gov/gettested).

   *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.

3. **Watch for symptoms of COVID-19.**
   Get tested if you start to have [symptoms of COVID-19](#), even if you already had a negative COVID-19 test earlier during quarantine. Call your doctor if your symptoms get worse, especially you have trouble breathing. For more information, see “When to get medical care” below.

Does everyone in my home have to quarantine with me?
No. Only people who had close contact with someone with COVID-19 must quarantine. Other people you live with can leave home, as long as they don’t have COVID-19 symptoms.
Caring for yourself

COVID-19 symptoms
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

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.

When to get medical care

- Get medical care if your symptoms get worse, especially you have trouble breathing.
  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.
- Get 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 tested or get medical care

- 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 www.sfcdcp.org/safertransit
- Call ahead to the clinic or emergency room, if you can. Tell them that you have or might have COVID-19. If you call 911, tell the operator that you have or might have COVID-19. This helps health care staff prepare for your arrival.
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](https://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 under 24 months old 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/ventilation](https://sfcdcp.org/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.