Interim Guidance on Monitoring and Restrictions for San Francisco Residents
Who are NOT Healthcare Workers and Traveled in China Before February 3, 2020

Given the increasing spread of novel coronavirus in China, the CDC issued new guidance and is closely monitoring returning travelers from China beginning February 3, 2020 in partnership with the San Francisco Department of Public Health. The CDC is providing instructions to travelers from China at airports.

For San Francisco residents who traveled to China before February 3, 2020 and who are NOT healthcare workers, please see the information below about monitoring for symptoms and what to do if you develop symptoms. Healthcare workers should see separate guidance below.

<table>
<thead>
<tr>
<th>I was in China before 2/3/20 and...</th>
<th>Monitoring</th>
<th>Restrictions on Public Activities*</th>
<th>Travel*</th>
</tr>
</thead>
<tbody>
<tr>
<td>I do NOT have fever(^1), cough, or shortness of breath</td>
<td>Self-observation(^†) (SEE BELOW) for 14 days after you left China</td>
<td>No restriction(^2) as long as you do not have fever, cough, shortness of breath</td>
<td>No restriction(^2) as long as you do not have fever, cough, or shortness of breath</td>
</tr>
</tbody>
</table>

If you develop fever\(^1\), cough, or shortness of breath within 14 days of leaving China, proceed to the row below.

| I have or I had fever\(^1\), cough, or shortness of breath within 14 days of leaving China | Call your medical provider and let them know your travel history and that you have been self-monitoring. | Stay at home and do not go to school or work. Avoid contact with others and public activities by practicing social distancing\(^‡\) (SEE BELOW) until you no longer have these symptoms for 24 hours\(^3\) | Do not fly on commercial flights or take local public transportation (e.g., bus, subway, taxi, ride share like Lyft and Uber) until you no longer have symptoms for 24 hours\(^3\) |

\(^*\)Please note these are measures we would generally advise even in the absence of concern for novel coronavirus. These are precautions people should practice to minimize spread of infection from any respiratory illness, including cold and flu.

\(^1\)Fever can be either subjective (“I feel like I’m having a fever”) or a measured temperature >38°C or >100.4°F

\(^2\)Please note individual employers, schools, and other institutions may choose to implement more rigorous policies regarding exclusion from work, school, etc. Individuals without symptoms may also choose to practice social distancing for the 14 day period after they return from China. SFDPH highly encourages all employers, schools, and other institutions to work closely with individuals to minimize financial, logistical, and other hardships.

\(^3\)If your symptoms last, seek medical advice.

\(^†\)Self-observation: Remain alert for fever, cough, shortness of breath. If you develop these symptoms, see the advice for “I have a fever\(^1\), cough, or shortness of breath”

\(^‡\)Social distancing: Remain out of:
- public places where close contact with others may occur (e.g., shopping centers, movie theaters, stadiums),
- workplaces
- schools and other classroom settings, and
- local public transportation (e.g., bus, subway, taxi, ride share like Lyft and Uber) until you no longer have fever\(^1\), cough, or shortness of breath for 24 hours\(^3\)

If you do not have any symptoms of illness and have questions about novel coronavirus, please visit https://www.cdc.gov/coronavirus/2019-ncov/ or https://www.sfcdcp.org/novelcoronavirus

If you are having symptoms of illness, please call your healthcare provider.

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Interim Guidance on Monitoring and Restrictions for Healthcare Workers Who Work In San Francisco and Traveled in China Before February 3, 2020

Given the increasing spread of novel coronavirus in China, the CDC issued new guidance and is closely monitoring returning travelers from China beginning February 3, 2020 in partnership with the San Francisco Department of Public Health. The CDC is providing instructions to travelers from China at airports. For healthcare workers who work in San Francisco and traveled to China before February 3, 2020, please see the guidance below about monitoring for symptoms and what to do if you develop symptoms. This serves as interim guidance and may change as CDC guidance changes.

<table>
<thead>
<tr>
<th>I was in China before 2/3/20 and...</th>
<th>Monitoring</th>
<th>Restrictions on Public Activities*</th>
<th>Travel*</th>
</tr>
</thead>
<tbody>
<tr>
<td>I do NOT have fever¹, cough, or shortness of breath</td>
<td>Self-observation† (SEE BELOW) AND check your temperature twice a day including at the beginning of each shift for 14 days after you left China</td>
<td>No restriction² as long as you do not have fever, cough, shortness of breath</td>
<td>No restriction² as long as you do not have fever, cough, or shortness of breath</td>
</tr>
<tr>
<td>If you develop fever¹, cough, or shortness of breath within 14 days of leaving China, notify Occupational Health that you have developed symptoms and proceed to the row below.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| I have or I had fever¹, cough, or shortness of breath within 14 days of leaving China | Call your medical provider and let them know your travel history and that you have been self-monitoring | Stay at home and do not go to school or work. Avoid contact with others and public activities by practicing social distancing‡ (SEE BELOW) until you no longer have these symptoms for 24 hours³ | Do not fly on commercial flights or take local public transportation (e.g., bus, subway, taxi, ride share like Lyft and Uber) until you no longer have symptoms for 24 hours³ |

*Please note these are measures we would generally advise even in the absence of concern for novel coronavirus. These are precautions people should practice to minimize spread of infection from any respiratory illness, including cold and flu.

¹Fever can be either subjective (“I feel like I’m having a fever”) or a measured temperature >38°C or >100.4°F

²Please note individual employers, schools, and other institutions may choose to implement more rigorous policies regarding exclusion from work, school, etc. Individuals without symptoms may also choose to practice social distancing for the 14 day period after they return from China. SFDPH highly encourages all employers, schools, and other institutions to work closely with individuals to minimize financial, logistical, and other hardships.

³If your symptoms last, seek medical advice.

†Self-observation: Remain alert for fever, cough, shortness of breath. If you develop these symptoms, see the advice for “I have a fever¹, cough, or shortness of breath”

‡Social distancing: Remain out of:
- public places where close contact with others may occur (e.g., shopping centers, movie theaters, stadiums),
- workplaces,
- schools and other classroom settings, and
- local public transportation (e.g., bus, subway, taxi, ride share like Lyft and Uber) until you no longer have fever¹, cough, or shortness of breath for 24 hours³
If you do not have any symptoms of illness and have questions about novel coronavirus, please visit https://www.cdc.gov/coronavirus/2019-ncov/ or https://www.sfcdcp.org/novelcoronavirus

If you are having symptoms of illness, please call your healthcare provider.