



Pasos para el aislamiento y la cuarentena para personas antes y después de obtener los resultados de la prueba de diagnóstico de COVID-19

Existen varias razones por las cuales puede hacerse la prueba de COVID-19: porque tiene síntomas de una posible infección, porque es el contacto cercano de alguien con COVID-19 o porque está en un trabajo que recomienda o requiere realizarse pruebas. Las siguientes instrucciones le ayudarán a determinar lo que debe hacer mientras espera los resultados de las pruebas diagnósticas y qué hacer después de que los resultados estén disponibles.

Qué hacer mientras espera los resultados de la prueba:

Si tiene síntomas de COVID-19*, siga los pasos para el aislamiento mientras espera los resultados.

*Los síntomas de COVID-19 incluyen:

- fiebre, escalofríos o temblores o escalofríos constantes
- tos
- dolor de garganta
- falta de aliento, dificultad para respirar
- sentirse inusualmente débil o cansado
- pérdida del gusto o del olfato
- dolor muscular
- dolor de cabeza
- secreción o congestión nasal
- diarrea

Si no tiene síntomas, pero es el contacto cercano# de una persona con COVID-19, entonces siga los pasos para la cuarentena mientras espera los resultados de la prueba.

#Usted es el contacto cercano de una persona positiva por COVID-19 si, 48 horas antes de que comenzaran sus síntomas, la persona con COVID-19:

- vivió o pasó la noche con usted
- fue su pareja sexual
- lo cuidó a usted o usted cuidó de él o ella
- estuvo a 6 pies de usted por más de 10 minutos mientras no usaba una mascarilla
- lo expuso al contacto directo con sus fluidos corporales o secreciones (por ejemplo, tosió o estornudó sobre usted) mientras no usaba una mascarilla, bata y guantes

Si no tiene síntomas de COVID-19 y no es un contacto cercano, solo necesita esperar los resultados de la prueba. No necesita seguir los pasos para el aislamiento o la cuarentena.

Qué hacer después de obtener los resultados de la prueba:

Si su prueba es positiva, siga los pasos para el aislamiento.

Si su prueba es negativa Y:

1. No es un contacto cercano y no tiene síntomas de COVID-19, ⇒usted puede reanudar sus actividades regulares.
2. Usted es un contacto cercano# de una persona positiva por COVID-19, ⇒ siga los pasos para la cuarentena.
3. No es un contacto cercano, pero tiene síntomas de COVID-19* ⇒
 - Si su proveedor de atención médica piensa que tiene COVID-19, siga los pasos para el aislamiento.
 - Si es un contacto cercano de una persona vulnerable,** debe considerar permanecer en aislamiento por el periodo de aislamiento completo, como se describe en los pasos para el aislamiento.
 - De lo contrario, siga los pasos para el aislamiento hasta que su fiebre haya desaparecido sin tomar medicamentos para bajar la fiebre y sus síntomas hayan mejorado durante 72 horas.

**Una persona vulnerable es alguien que:

- tiene más de 60 años
- está en un hogar de ancianos o centro de atención a largo plazo
- tiene asma (moderada a grave)
- tiene una enfermedad pulmonar crónica
- tiene diabetes (tipo 1, tipo 2 o gestacional)
- tiene una condición cardíaca grave (esto incluye insuficiencia cardíaca, arteriopatía coronaria,



enfermedad congénita del corazón, cardiomiopatías e hipertensión pulmonar)

- **tiene presión arterial alta**
- **tiene una enfermedad renal crónica que está siendo tratada con diálisis**
- **tiene obesidad grave** (índice de masa corporal de más de 40)
- **tiene enfermedad hepática crónica**
- **inmunocomprometido** (esto incluye el tratamiento de cáncer, el trasplante de médula ósea o de órganos, las inmunodeficiencias, el VIH con un recuento bajo de células CD4 o que no está en tratamiento contra el VIH, y con uso prolongado de corticosteroides y otros medicamentos inmunodebilitantes)



Pautas para el aislamiento y la cuarentena en el hogar para personas con infección por coronavirus 2019 (COVID-19), para sus contactos cercanos y las personas que viven con ellas

- 1) Si su prueba de laboratorio de COVID-19 es positiva, o si se lo diagnostica un médico, está sujeto a la orden de aislamiento del funcionario de salud que puede encontrar en <https://www.sfdph.org/dph/alerts/files/Blanket-Isolation-Directive-05.2020.pdf>.
- 2) Si usted vive con una persona con COVID-19, o es un contacto cercano, está sujeto a la orden de cuarentena del funcionario de salud, que puede encontrar en <https://www.sfdph.org/dph/alerts/files/Blanket-Quarantine-Directive-05.2020.pdf>.
- 3) Si está esperando los resultados de la prueba, siga los pasos para el aislamiento en el hogar (a continuación) hasta que lleguen los resultados. Si sus resultados son negativos, verifique con su médico antes de dejar de seguir los pasos para el aislamiento en el hogar.

Pasos para el aislamiento en el hogar

Si le diagnosticaron COVID-19 **o** está esperando los resultados de la prueba para el COVID-19, debe seguir estos pasos para el aislamiento en el hogar con el fin de prevenir la propagación de la enfermedad.

Quédese en casa hasta que se haya recuperado

- La mayoría de las personas con COVID-19 tendrán una enfermedad leve y se pueden recuperar en casa. Si tiene 60 años o más o tiene una afección como cardiopatía, enfermedad pulmonar, enfermedad renal, diabetes, presión arterial alta o un sistema inmunitario debilitado, tiene un mayor riesgo de enfermarse de manera más grave.
- No vaya a trabajar, a la escuela o a áreas públicas.
- Quédese en casa hasta que se recupere. La recuperación significa que ya no tiene fiebre durante un periodo de 72 horas sin el uso de medicamentos para disminuir la fiebre como acetaminofén (Tylenol®) **y** que su tos o dificultad para respirar mejoraron, **y** que han pasado al menos **10 días** después de sus primeros síntomas. Si tuvo una prueba positiva de COVID-19, pero nunca presentó síntomas, quédese en casa durante al menos **10 días** después de la fecha en que se hizo la prueba.

Contactos cercanos

- Las personas que viven en su hogar, sus parejas sexuales y las personas que cuidan de usted o las que usted cuida se consideran "contactos cercanos". También se consideran contactos cercanos las personas que sabe que estuvieron a menos de 6 pies de distancia de usted durante más de 10 minutos y no usaban mascarilla, o aquellas personas que tuvieron contacto directo con los fluidos o secreciones de su cuerpo y no usaban mascarilla, bata y guantes.
- Si sabe que tiene COVID-19 por la confirmación de una prueba o por un diagnóstico médico, todas las personas con quienes tuvo contacto cercano durante las 48 horas que van desde antes de que comenzaran sus síntomas hasta que inició su autoaislamiento deben seguir los pasos para la cuarentena en el hogar. Comparta este documento con esas personas. Para solicitar ayuda para notificar a sus contactos cercanos sin revelarles su

Pasos para la cuarentena en el hogar

Si vive en el mismo hogar **o** tuvo contacto cercano con alguien diagnosticado con COVID-19 (incluido el contacto a partir de 48 horas antes de que dicha persona presentara síntomas y hasta el inicio de su autoaislamiento), debe seguir estos pasos para la cuarentena en el hogar. Si se infecta con el COVID-19, los síntomas pueden tardar en presentarse hasta 14 días. Debe quedarse en casa y controlar su propia salud durante este tiempo para evitar transmitir la infección a otra persona.

Quédese en casa para ver si presenta síntomas

- Debe permanecer en cuarentena en el hogar durante 14 días completos después de haber estado en contacto por última vez con una persona con COVID-19.
- El contacto cercano con una persona con COVID-19 se describe en la columna de la izquierda.
- Si no puede evitar el contacto cercano con la persona con COVID-19, debe permanecer en cuarentena durante **14 días completos** a partir del día en que esa persona haya concluido su autoaislamiento. Es probable que esto tarde al menos 24 días en total.

¿Qué sucede si presenta síntomas?

- Los síntomas de COVID-19 incluyen fiebre, escalofríos, tos, dificultad para respirar, dolor de garganta, secreción nasal o dolor muscular, dolor de cabeza, náuseas, vómito, diarrea o pérdida del sentido del olfato o del gusto.
- Si presenta alguno de los síntomas anteriores y son síntomas nuevos que generalmente no tiene en su vida diaria, entonces puede tener COVID-19 y debe seguir los pasos para el aislamiento en el hogar.
- Supervise atentamente sus síntomas y busque atención médica o asesoramiento médico si los síntomas empeoran, especialmente si tiene un mayor riesgo de padecer una enfermedad grave.
- Consulte a su proveedor médico o procure hacerse



identidad, llame al 415-554-2830.

¿Qué sucede si no puede alejarse de las demás personas?

- Cualquier persona que continúe en contacto cercano con usted deberá comenzar un nuevo ciclo de cuarentena de 14 días completos después del último día que tuvo contacto cercano con usted o desde la fecha en que termine su aislamiento.

¿Qué grupos no tienen que autoaislarse?

- Los niños menores y las personas con necesidades especiales que requieren atención especializada.

una prueba para confirmar el diagnóstico de COVID-19.

¿Qué grupos no tienen que ponerse en cuarentena?

- Los niños menores y las personas con necesidades especiales que requieren atención especializada.
- Los trabajadores esenciales para el manejo del COVID-19* (verifique la política del empleador; trate de seguir los pasos para la cuarentena en el hogar mientras no esté trabajando).

*Trabajadores esenciales para el manejo del COVID-19 son los trabajadores de la salud, el personal de laboratorio que maneja muestras de COVID-19, los trabajadores de la morgue, los socorristas, los agentes de la ley, el personal de desinfección, operadores del 911 y 311, el personal de gestión de emergencias, las personas asignadas para trabajar como Trabajadores del Servicio de Desastres y personas que trabajen



Restricciones e información que se aplican a las personas que están **TANTO** aisladas en el hogar como en cuarentena

- Quédense en casa, excepto para buscar atención médica. No vaya a trabajar, a la escuela o a áreas públicas.
- No utilice el transporte público, taxis o vehículos compartidos.
- Manténgase separado de las demás personas en su hogar, especialmente las personas que corren un mayor riesgo de padecer una enfermedad grave.
- En la medida de lo posible, permanezca en una habitación específica alejado de las otras personas en su hogar. Use un baño diferente, en caso de que haya otro disponible.
- No prepare ni sirva comida a otras personas.
- No permita que las visitas entren a su hogar.
- Limite su contacto con las mascotas.

Si no puede cumplir con los requisitos del aislamiento o de la cuarentena donde vive actualmente, puede llamar al 3-1-1 para solicitar ayuda de vivienda, alimentación u otras necesidades.

Evite el contagio:

- Use cubrebocas o mascarilla si está en la misma habitación con otras personas. Si no le es posible usar un cubrebocas o una mascarilla, entonces que sea la otra persona quien los use si comparte o entra a su habitación.
- Cúbrase cuando tosa o estornude. Cúbrase la boca y la nariz con un pañuelo desechable o estornude en la manga, no en las manos, luego tire el pañuelo desechable en un basurero cubierto e inmediatamente lávese las manos.
- Lávese las manos minuciosamente y con frecuencia, usando agua y jabón durante al menos 20 segundos, especialmente después de ir al baño y después de sonarse la nariz, toser o estornudar. Es posible usar desinfectante para manos a base de alcohol con un contenido mínimo de 60 % de alcohol, en lugar de agua y jabón si las manos no están visiblemente sucias.
- No comparta artículos del hogar como platos, tazas, utensilios, toallas o ropa de cama con otras personas. Después de usar estos artículos, lávelos cuidadosamente con agua y jabón. Es posible lavar la ropa en una lavadora estándar con agua tibia y detergente; se puede agregar cloro, pero no es necesario.
- Limpie y desinfecte todas las superficies de “mayor contacto” todos los días (incluyendo barras de cocina, mesas, perillas, llaves del agua, inodoros, teléfonos, controles remotos, llaves, tableros), y especialmente cualquier superficie que pueda tener fluidos corporales en ella. Use aerosoles o toallitas desinfectantes de limpieza doméstica de acuerdo con las instrucciones de la etiqueta del producto. Para obtener mayor información visite: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html>

Cúidese en casa:

- Descanse y beba muchos líquidos. Puede tomar acetaminofén (Tylenol®) para reducir la fiebre y el dolor.
 - Los niños menores de 2 años no deben recibir medicamentos sin consultar primero a un médico.
 - Tenga en cuenta que los medicamentos no “curan” el COVID-19 y no le impiden propagar el virus.
- Busque atención médica si los síntomas empeoran, especialmente si tiene un mayor riesgo de padecer una enfermedad grave.
- **Los síntomas que indican que debe buscar atención médica incluyen:**



- Si es posible, llame con anticipación antes de ir al consultorio de su médico u hospital y dígales que se encuentra en aislamiento por COVID-19 para así preparar al personal de atención médica para su llegada y proteger a otras personas del riesgo de infectarse.
 - No espere en las salas de espera y, si es posible, use un cubrebocas o una mascarilla en todo momento.
 - No utilice el transporte público.



- Si llama al 911, notifique primero al despacho y a los paramédicos que está bajo aislamiento por COVID-19.

Copias de estas pautas y respuestas a preguntas frecuentes están disponibles en varios idiomas. Visite <http://www.sfcddcp.org/covid19> en **Isolation and Quarantine Directives** (Órdenes para aislamiento y cuarentena) o llame al 3-1-1.

Gracias por su cooperación en este importante asunto de salud pública.



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.**



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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.



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- 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:**



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- 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



DIRECTIVE OF THE HEALTH OFFICER No. 2020-02b

**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: 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”). Individuals in close contact with a person diagnosed with or likely to have 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 for the City’s Health Officer to require the self-quarantine of persons exposed to a person diagnosed with or likely to have the COVID-19 virus. Quarantine separates individuals who know that they have been exposed to the COVID-19 virus 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 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 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. All persons who know that they are a Close Contact of a Person With COVID-19 are required by this Directive to take the actions listed in this Section, unless exempt under Paragraph 7. Generally, this requires a person who knows that they have been in Close Contact with another person who has been diagnosed with or is likely to have the COVID-19 virus to separate from others for up to fourteen (14) days to avoid inadvertently exposing the public to the virus. The required actions are:**
 - a. The person must self-quarantine in that person’s residence or another residence, such as a hotel or motel. The self-quarantine must last until fourteen (14) days have passed from the last date that the person in self-quarantine was in Close Contact with the Person With COVID-19. The person in self-quarantine is required to quarantine for the entirety of the 14-day period because that**



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individual is at high risk for developing the disease and spreading the COVID-19 virus, even if the individual does not have symptoms or has only mild symptoms.

- b. The person must carefully review and closely follow all home quarantine 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.sfchcp.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.

If the person in quarantine becomes sick with onset or worsening of fever, respiratory symptoms such as coughing, difficulty breathing, or shortness of breath, chills, muscle pain, sore throat, new loss of the sense of smell or taste, or other symptoms of COVID-19 (even if their symptoms are very mild), that person should isolate at home or another residence, such as a hotel or motel, away from other people in the household who are not ill, and follow the 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. For purposes of this Directive, any future changes provided online to the isolation guidance listed in this subparagraph are automatically incorporated into this Directive by this reference without any need to amend or revise this Directive. Isolation is necessary to protect others from possible infection because once a person in quarantine begins experiencing these symptoms, it is likely they have the COVID-19 virus, and if they do, they can spread the virus to others. The person in self-quarantine who experiences COVID-19 symptoms should also consult their regular healthcare provider via telephone or other remote methods and, in the case of a medical emergency, seek emergency medical care.

2. The intent of this Directive is to ensure that any Close Contact of a Person With 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.
3. 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,



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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.

4. 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. 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.
5. 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 has been and may be supplemented.
6. 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.
7. Definitions and Exemptions.
 - a. All minor children and individuals with special needs who require specialized care are categorically exempt from this Directive.
 - b. Essential COVID-19 Response Workers are categorically exempt from this Directive. These workers should consult with their employers about the procedures and precautions they should follow if they are a Close Contact of a Person with COVID-19.
 - c. For purposes of this Directive, "Essential COVID-19 Response Workers" means:
 - i. Healthcare workers, including but not limited to physicians, registered nurses, respiratory therapists, and all other ancillary hospital and medical clinic support staff;
 - ii. Laboratory personnel collecting or handling specimens from known or suspected COVID-19 patients;
 - iii. Morgue workers;
 - iv. First responders, including police and sheriff personnel, firefighters, medical examiners, paramedics and Emergency Medical Technicians;
 - v. Law enforcement, including custodial officers in jails and prisons;
 - vi. Emergency management personnel, including emergency dispatchers;
 - vii. Public sanitation workers;
 - viii. 911 and 311 Operations personnel;



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- ix. Individuals who work in long-term care facilities;
 - x. Individuals who work in homeless shelters; and
 - xi. Individuals assigned to work as Disaster Service Workers under California Government Code section 3100 *et seq.*, including volunteers certified by the City Emergency Volunteer Center.
- d. For the purposes of this Directive, a “Close Contact” of a Person With COVID-19 means a person who was identified as a close contact by a health care provider or public health official, or who knowingly had any of the following contact with a Person With COVID-19 within 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):
- 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 or provided care for them without wearing a mask, gown, and gloves).
- e. For the purposes of this Directive, “Person With COVID-19” means a person who meets any of the following criteria:
- i. The person has a positive lab test for the COVID-19 virus; OR
 - ii. The person has 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 With COVID-19; OR
 - iii. The person has been informed by a healthcare provider that the person has or is likely to have COVID-19.

A person is no longer considered a Person With COVID-19 once (a) at least three (3) days (72 hours) have passed since recovery, defined as resolution of fever without use of fever-reducing medications and improvement of respiratory symptoms, AND (b) 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.

8. 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 2020-02, issued May 1, 2020.

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

May 4, 2020