



Mga Hakbang sa Pag-isolate at Pag-quarantine para sa Mga Tao Bago at Matapos Makuha ang Mga Resulta ng Diagnostic na Pagsusuri para sa COVID-19

Maraming dahilan para kailanganin mong magpasuri para sa COVID-19: puwedeng may mga sintomas ka ng posibleng impeksyon, malapit mong nakasalamuha ang isang taong may COVID-19, o inirerekomenda o inaatasan kang magpasuri dahil sa iyong trabaho. Makakatulong sa iyo ang mga tagubilin sa ibaba na tukuyin ang dapat mong gawin habang hinihintay mo ang mga resulta ng iyong diagnostic na pagsusuri, at ang dapat gawin kapag available na ang mga resulta ng iyong pagsusuri.

Ang dapat gawin habang hinihintay mo ang mga resulta ng iyong pagsusuri:

Kung mayroon kang anumang sintomas ng COVID-19*, sundin ang **Mga Hakbang sa Pag-isolate** habang hinihintay mo ang mga resulta.

**Kasama sa mga sintomas ng COVID-19 ang:*

- Lagnat, Panlalamig, o Paulit-ulit na Panginginig/Pangangatog
- Ubo
- Pananakit ng Lalamunan
- Pangangapos ng Hininga, Hirap sa Paghinga
- Hindi Pangkaraniwang Panghihina o Pagkahapo
- Pagkawala ng Panlasa o Pang-amoy
- Pananakit ng kalamnan
- Pananakit ng ulo
- Sipon o baradong ilong
- Pagtatae

Kung wala kang sintomas pero malapitan mong nakasalamuha[#] ang isang taong may COVID-19, sundin ang **Mga Hakbang sa Pag-quarantine** habang hinihintay mo ang mga resulta ng iyong pagsusuri.

#Malapitan mong nakasalamuha ang isang taong positibo sa COVID-19 kung, 48 oras bago nagsimula ang kanyang mga sintomas, ay ginawa ng taong may COVID-19 ang sumusunod:

- Tumira sa iyo o nagpalipas ng gabi sa tirahan mo
- Nakipagtalik sa iyo
- Inalagaan ka o inalagaan mo siya
- Lumapit sa iyo nang may layong wala pang 6 na talampakan, sa loob ng mahigit sa 10 minuto, habang hindi siya nakasuot ng face mask
- Direkta kang inilantad sa mga likido o secretion mula sa kanyang katawan (hal., naubuhan o nabahingan ka) habang hindi ka nakasuot ng face mask, gown, at guwantes

Kung wala kang sintomas ng COVID-19, at hindi ka malapitang nakakasalamuha ng kaso, kailangan mo lang hintayin ang mga resulta ng iyong pagsusuri. Hindi mo kailangang sumunod sa **Mga Hakbang sa Pag-isolate** o **Pag-quarantine**.

Ang dapat gawin matapos mong makuha ang mga resulta ng iyong pagsusuri:

Kung **magpopositibo** ka, sundin ang **Mga Hakbang sa Pag-isolate**

Kung **magnenegatibo** ka AT:

1. Hindi mo malapitang nakasalamuha ang kaso at wala kang sintomas ng COVID-19 ⇒ puwede kang **magpatuloy** sa iyong mga regular na aktibidad.
2. Malapitan mong nakasalamuha[#] ang isang taong positibo sa COVID-19 ⇒ patuloy na sundin ang **Mga Hakbang sa Pag-quarantine**.
3. Hindi mo malapitang nakasalamuha ang kaso, pero mayroon kang mga sintomas ng COVID-19* ⇒
 - Kung sa palagay ng iyong provider ng pangangalagang pangkalusugan ay mayroon kang COVID-19, patuloy na sundin ang **Mga Hakbang sa Pag-isolate**.
 - Kung malapitan mong nakakasalamuha ang isang taong nasa malaking panganib**, dapat mong pag-isipang manatiling naka-isolate para sa kabuuang tagal ng pag-isolate, gaya ng inilalarawan sa **Mga Hakbang sa Pag-isolate**.



- O kaya, sundin ang Mga Hakbang sa Pag-isolate hanggang sa mawala ang iyong lagnat nang hindi ka umiinom ng pampawala ng lagnat at bumuti ang iyong mga sintomas, sa loob ng 72 oras.

****Ang taong nasa malaking panganib ay isang taong:**

- **May edad na 60 taon pataas**
- **Namamalagi sa isang nursing home o pasilidad para sa pangmatagalang pangangalaga**
- **May hika** (hindi masyadong malala hanggang sa malala)
- **May pabalik-balik na sakit sa baga**
- **May diabetes** (type 1, type 2, o gestational)
- **May mga malalang kundisyon sa puso** (kasama ang pagpalya ng puso, coronary artery disease, congenital heart disease, cardiomyopathies, at pulmonary hypertension)
- **May mataas na presyon ng dugo**
- **May pabalik-balik na sakit sa bato na ginagamot sa pamamagitan ng dialysis**
- **May labis na katabaan** (may body mass index na 40 o higit pa)
- **May pabalik-balik na sakit sa atay**
- **Immunocompromised** (kasama ang nagpapagamot para sa cancer, sumailalim sa bone marrow o organ transplant, may immune deficiency, HIV na may mababang bilang ng CD4 cell o hindi nagpapagamot para sa HIV, at matagal nang gumagamit ng mga corticosteroid at iba pang gamot na nagpapahina sa immune system)



Mga Alituntunin sa Pag-isolate at Pag-quarantine sa Bahay para sa Mga Taong may Coronavirus-2019 Impeksyon (na Dulot ng COVID-19) at ang Kanilang Sambahayan o Mga Malapitang Nakakasalamuha (Close Contact)

- 1) Kung nakumpirma sa pagsusuri o na-diagnose ng doktor na mayroon kang COVID-19, mapapailalim ka sa Direktiba sa Pag-isolate ng Opisyal sa Kalusugan, na makikita sa <https://www.sfdph.org/dph/alerts/files/Blanket-Isolation-Directive-05.2020.pdf>
- 2) Kung may kasama ka sa bahay na mayroong COVID-19 o malapitan mong nakasalamuha ang isang taong may COVID-19, mapapailalim ka sa Direktiba sa Pag-quarantine ng Opisyal sa Kalusugan, na makikita sa <https://www.sfdph.org/dph/alerts/files/Blanket-Quarantine-Directive-05.2020.pdf>
- 3) Kung naghihintay ka ng mga resulta ng pagsusuri, sundin ang Mga Hakbang (sa ibaba) sa Pag-isolate sa Bahay hanggang sa dumating ang mga resulta. Kung negatibo ang iyong mga resulta, tanungin ang iyong doktor bago mo ihinto ang pagsunod sa Mga Hakbang sa Pag-isolate sa Bahay.

Mga Hakbang sa Pag-isolate sa Bahay

Kung na-diagnose na mayroon kang COVID-19 o kung hinihintay mo ang mga resulta ng pagsusuri para sa COVID-19, dapat mong sundin ang Mga Hakbang na ito sa Pag-isolate sa Bahay para mapigilan ang pagkalat ng sakit.

Manatili sa bahay hanggang sa gumaling ka

- Ang karamihan ng taong may COVID-19 ay may hindi malubhang karamdaman at gumagaling sa bahay. Kung ikaw ay may edad na 60 taon pataas o may kundisyon gaya ng sakit sa puso, baga, o bato, diabetes, mataas na presyon ng dugo, o mahinang immune system, mas malaki ang posibilidad mong magkaroon ng mas malubhang sakit.
- Huwag pumunta sa trabaho, paaralan, o mga pampublikong lugar.
- Manatili sa bahay hanggang sa gumaling ka. Kapag sinabing gumaling: ibig sabihin, 72 oras ka nang walang sintomas nang hindi ka gumagamit ng gamot na nagpapababa ng lagnat gaya ng (Tylenol®) **at** bumuti na ang iyong ubo o hindi ka na nahihirapang huminga, **at** hindi bababa sa **10 araw** na ang lumipas mula nang lumabas ang iyong mga unang sintomas. Kung nagpositibo ka sa pagsusuri sa COVID-19 pero hindi ka nagkaroon ng mga sintomas, manatili sa bahay sa loob ng hindi bababa sa **10 araw** pagkatapos ng petsa ng iyong pagsusuri.

Mga Malapitang Nakakasalamuha

- Ang mga tao sa iyong bahay, ang iyong mga nakakatalik, at ang mga taong nag-aalaga sa iyo o inaalagaan mo ay itinuturing na “mga malapitang nakakasalamuha.” Itinuturing ding mga malapitang nakakasalamuha ang mga taong masasabi mong nagpanatili ng hindi hihigit sa 6 na talampakang layo mula sa iyo sa loob ng mahigit sa 10 minuto habang hindi ka nakasuot ng facemask, o na nagkaroon ng direktang contact sa mga likido o secretion mula sa iyong katawan habang hindi sila nakasuot ng facemask, gown, at guwantes.
- Kung nakumpirma sa pagsusuri o na-diagnose ng doktor na mayroon kang COVID-19, ibig sabihin, ang lahat ng malapitan mong nakasalamuha sa loob ng 48 oras bago

Mga Hakbang sa Pag-quarantine sa Bahay

Kung nakatira ka sa isang bahay na may taong na-diagnose na may COVID-19 o kung malapitan mong nakasalamuha ang taong iyon (kasama ang kung nakasalamuha mo siya 48 oras bago nagsimula ang kanyang mga sintomas, hanggang sa siya ay mag-self isolate), dapat mong sundin ang Mga Hakbang na ito sa Pag-quarantine sa Bahay. Puwedeng abutin nang 14 na araw bago magkaroon ng mga sintomas kung naimpeksyon ka ng COVID-19. Dapat kang manatili sa bahay at subaybayan ang iyong sariling kalusugan sa panahong ito para maiwasan ang pagpapasa ng impeksyon sa ibang tao.

Manatili sa bahay kung magkakaroon ka ng mga sintomas

- Dapat kang manatiling naka-quarantine sa bahay sa loob ng 14 na buong araw pagkatapos mong malapitang makasalamuha ang taong may COVID-19.
- Inilalarawan sa column sa kaliwa ang malapitang pakikisalamuha sa isang taong may COVID-19.
- Kung hindi mo maiiwasan malapitang makasalamuha ang taong may COVID-19, dapat ay manatili kang naka-quarantine sa loob ng **14 na buong araw** mula sa araw kung kailan natapos mag-self isolate ang taong iyon. Malamang ay abutin ito ng hindi bababa sa 24 na araw sa kabuuan.

Paano kung magkakaroon ka ng mga sintomas?

- Kasama sa mga sintomas ng COVID-19 ang lagnat, panlalamig, pangangapos ng hininga, pananakit ng lalamunan, sipon, o pananakit ng mga kalamnan, pananakit ng ulo, pagduruwal, pagsusuka, pagtatae, o pagkawala ng pang-amoy o panlasa.
- Kung magkakaroon ka ng alinman sa mga sintomas sa itaas, at ang mga ito ay mga bagong sintomas na hindi mo karaniwang nararanasan sa pang-araw-araw na buhay, ang ibig sabihin kay posibleng mayroon kang COVID-19 at dapat



nagsimula ang iyong mga sintomas at hanggang sa mag-self isolate ka ay dapat sumunod sa Mga Hakbang sa Pag-quarantine sa Bahay. Pakibahagi sa kanila ang dokumentong ito. Para humingi ng tulong sa pag-abiso sa iyong Mga Malapitang Nakakasalamuha nang hindi ibinubunyag ang iyong pagkakakilanlan sa kanila, tumawag sa 415-554-2830.

Paano kung hindi mo maihihiwalay ang iyong sarili sa iba?

- Ang sinumang patuloy na malapitang makikisalamuha sa iyo ay kailangang magsimula ng bagong cycle ng pag-quarantine na 14 na buong araw mula sa huling araw kung kailan malapitan kang nakasalamuha ng taong iyon, o mula sa petsa ng pagtatapos ng iyong pag-isolate.

Aling mga pangkat ang hindi kailangang mag-self isolate?

- Mga menor de edad at indibidwal na may mga espesyal na pangangailangan na nangangailangan ng espesyalisadong pangangalaga

mong sundin ang Mga Hakbang sa Pag-isolate sa Bahay.

- Subaybayan nang mabuti ang iyong mga sintomas at humingi ng medikal na payo o medikal na pangangalaga kung titindi ang mga sintomas, lalo na kung ikaw ay nasa mas mataas na panganib ng malubhang karamdaman.
- Magtanong sa iyong medikal na provider o humiling ng diagnostic na pagsusuri para sa COVID-19 para makumpirma ang diagnosis.

Aling mga grupo ang hindi kailangang mag-quarantine?

- Mga menor de edad at indibidwal na may mga espesyal na pangangailangan na nangangailangan ng espesyalisadong pangangalaga
- Mga Mahalagang COVID-19 Response Worker* (alamin ang patakaran ng employer; subukang sundin ang Mga Hakbang sa Pag-quarantine sa Bahay habang wala sa trabaho)

*Kasama sa Mga Mahalagang COVID-19 Response Worker sa mga nagtatrabaho sa pangangalagang pangkalusugan, tauhan sa laboratoryo na nangangasiwa ng mga specimen ng COVID-19, nagtatrabaho sa morgue, first responder, tagapagpatupad ng batas, manggagawa sa sanitasyon, operator sa 911 at 311, tauhan sa pamamahala sa emergency, mga indibidwal na nakatalaga sa trabaho bilang Mga Manggagawa sa Serbisyo sa Sakuna, at indibidwal na nagtatrabaho sa mga pasilidad sa pangmatagalang pangangalaga o silungan sa walang tirahan.



Mga Paghihigpit at Impormasyong Nalalapat sa **PAREHONG** Pag-isolate sa Bahay at Pag-quarantine sa Bahay

- Manatili sa bahay maliban na lang kung hihingi ng medikal na pangangalaga. Huwag pumunta sa trabaho, paaralan, o mga pampublikong lugar.
- Huwag gumamit ng pampublikong transportasyon, mga ride share, o mga taxi.
- Ihiwalay ang iyong sarili sa iba sa iyong bahay, lalo na ang mga taong nasa mas mataas na panganib ng malubhang karamdaman.
- Manatili sa isang partikular na kwarto at malayo sa ibang tao sa inyong bahay. Gumamit ng hiwalay na banyo, kung mayroon.
- Huwag maghanda o maghain ng pagkain sa iba.
- Huwag tumanggap ng mga bisita sa iyong bahay.
- Limitahan ang iyong contact sa mga alagang hayop.

Kung hindi mo matutugunan ang mga kinakailangan para sa Pag-isolate o Pag-quarantine kung saan ka kasalukuyang nakatira, puwede kang makipag-ugnayan sa 3-1-1 para humiling ng tulong sa pabahay, pagkain, o iba pang pangangailangan.

Iwasan ang pagkalat:

- Magsuot ng takip sa mukha o mask kung nasa iisang kwarto ka kasama ang ibang tao. Kung hindi ka makakapagsuot ng takip sa mukha o mask, dapat magsuot ang ibang tao ng takip sa mukha o mask kung nasa parehong kwarto sila o kung papasok sila sa kwarto.
- Magtakip kapag umuubo at bumabahing. Takpan ang iyong bibig o ilong gamit ang tissue o bumahing sa iyong manggas -- hindi sa iyong kamay -- at pagkatapos ay itapon ang tissue sa may plastic na basurahan at hugasan kaagad ang iyong kamay.
- Hugasan ang iyong kamay nang madalas at nang husto gamit ang sabon sa loob ng hindi bababa sa 20 segundo - lalo na pagkatapos umubo, bumahing, o suminga, o pagkatapos pumunta sa banyo. Puwedeng gamitin ang alcohol-based na hand sanitizer na may minimum na alkohol na 60% sa halip ng sabon kung sa tingin mo ay hindi kita ang dumi ng mga kamay.
- Huwag makipaghira sa ibang tao ng gamit sa bahay tulad ng mga pinggan, baso, kutsara at tinidor, tuwalya, o sapin sa kama. Pagkatapos gamitin ang mga ito, hugasan nang mabuti ang mga ito gamit ang sabon at tubig. Puwedeng maglaba sa isang karaniwang washing machine gamit ang maligamgam na tubig at detergent; puwedeng magdagdag ng bleach pero hindi ito kinakailangan.
- Linisin at i-disinfect ang lahat ng "madalas hawakan" na surface araw-araw (kasama ang mga counter, mesa, doorknob, gripo, toilet, telepono, remote ng tv, susi, keyboard), at lalo na ang anumang surface na posibleng may likido mula sa katawan. Gumamit ng mga spray o wipe na panlinis at pang-disinfect sa bahay ayon sa mga tagubilin sa label ng produkto. Higit pang impormasyon:
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html>

Magsagawa ng pangangalaga sa bahay:

- Magpahinga at uminom ng maraming likido. Puwede kang uminom ng acetaminophen (Tylenol) para maibsan ang lagnat at pananakit.
 - Huwag bigyan ang mga batang wala pang 2 taong gulang ng anumang gamot nang hindi muna nagtatanong sa isang doktor.
 - Tandaang hindi "ginagamot" ng mga gamot ang COVID-19 at hindi pinipigilan ng mga ito ang pagkalat ng virus.
- Humingi ng medikal na pangangalaga kung titindi ang mga sintomas, lalo na kung ikaw ay nasa mas mataas na panganib ng malubhang karamdaman.
- **Mga sintomas na nagpapahiwatig na dapat kang humingi ng medikal na pangangalaga:**





- Kung posible, tumawag muna bago pumunta sa opisina ng doktor o ospital, at sabihin sa kanilang ikaw ay nasa Isolation para sa COVID-19 para makapaghanda ang tauhan sa pangangalagang pangkalusugan para sa iyong pagdating at maprotektahan ang iba mula sa pagkakasakit.
 - Huwag maghintay sa anumang waiting room at huwag magsuot ng pantakip sa mukha o mask sa lahat ng oras hangga't maari.
 - Huwag gumamit ng pampublikong transportasyon.
 - Kung tatawag ka sa 911, abisuhan muna ang dispatch at mga paramediko na ikaw ay nasa isolation para sa COVID-19.

Makukuha sa maraming wika ang mga kopya ng Mga Alituntunin na ito at ang mga sagot sa mga karaniwang tanong. Bumisita sa <http://www.sfcddcp.org/covid19> sa ilalim ng **Mga Direktiba sa Pag-isolate at Pag-quarantine** o tumawag sa 3-1-1.

Salamat sa iyong pakikipagtulungan sa mahalagang usaping ito sa pampublikong kalusugan.



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.sfcdep.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.sfcdep.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.

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Health Officer of the
City and County of San Francisco

May 4, 2020