Tip Sheet for Safer Social Interactions During COVID-19 Pandemic
June 6, 2020

The San Francisco Department of Public Health cares about you and we want you to take care of yourself, your family, and your community with regard to COVID-19.

The best way to reduce the risk of getting or spreading the disease is to **STAY HOME**.

Avoiding social isolation and supporting physical and mental health during a prolonged pandemic are also important for your health.

**This tip sheet gives you information and resources to help you stay safe while also supporting your mental and physical well-being.** Before having social interactions, assess the risks and benefits.

### Assess Risk and Benefit

<table>
<thead>
<tr>
<th>Your risk and the risk of those close to you</th>
<th>The risk of who you are about to see</th>
<th>The benefit of the interaction</th>
<th>How much COVID-19 is in the community?</th>
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</thead>
<tbody>
<tr>
<td>Think about yourself, those in your household, and those you work with. Is anyone over age 60 or have chronic medical conditions? See <a href="http://sfcdcp.org/vulnerable">sfcdcp.org/vulnerable</a></td>
<td>Take the most precautions possible for those who are over age 60 or have chronic medical conditions. See <a href="http://sfcdcp.org/vulnerable">sfcdcp.org/vulnerable</a></td>
<td>How much does the social event mean to you?</td>
<td>Are cases decreasing, stable, or increasing? <a href="https://data.sfgov.org">San Francisco COVID-19 Data Tracker</a>, <a href="http://data.sfgov.org">data.sfgov.org</a></td>
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### Safer Social Interactions

Protecting your mental health and social wellbeing are important while trying to stick to sheltering in place. Some ways to do this include:

- Connect with people by phone or virtually through FaceTime, Zoom, What’s App, etc.
- Take advantage of outdoor activities while maintaining 6 feet of social distancing and wearing a face covering
Safer Outdoor Interactions

If you are feeling unwell or sick, stay home.

Make a plan on how to socially interact with these best practices in mind:

- Outdoor activities that maintain 6 feet of social distancing are safest.
- The smaller the group and the fewer the households involved is better.
- Try not to interact with too many different people. To the extent possible, keep the number of people and households you interact with small and stable.
- Wash your hands or use hand sanitizer before you leave home and upon arrival to seeing someone outside your household.
- Consider how you will get to and from a proposed interaction. Walking, biking, or driving in a single car would minimize your exposure to others. If using public transit, maintain 6 feet of distance from others to the extent possible, keep your face covering on, and wash your hands or use hand sanitizer as soon as possible when you arrive.
- Try alternatives to shaking hands or other physical contact, like a wave, head nod, or welcome dance.
- Always wear a face covering when interacting with anyone outside your household.
- Do not share items including food, drinks, or utensils to the extent possible. Bring wipes to disinfect anything that might be shared.
- Do not share toys, bats, or balls or any objects that are passed back and forth to the extent possible. If unavoidable, use disinfection wipes, and wipe objects down between uses.
- Studies have shown that projecting your voice like when singing or shouting can spread more virus. Choral singing can be especially risky. For example, the Mount Vernon choir in Washington had a COVID-19 outbreak after a choir practice where 87% of the group developed COVID-19, resulting in two deaths. Higher vocal tasks, such as shouting and singing should be avoided. Consider listening to recorded music, having a live musician playing instruments, etc. in places of worship when they open.
- Wash your hands immediately when you return home and wipe down your phone and keys.
- Try to remember who you interact with especially when you were within 6 feet of them for more than 10 minutes or when either of your faces was not covered. This can help trace the spread of infection if you or someone you interact with contracts COVID-19.

General best practices:

- Wash hands often with soap and water for at least 20 seconds or use an alcohol based sanitizer.
- Avoid touching your face with unwashed hands.
- Sneeze and cough into your elbow while your face covering is on.
- Clean and disinfect frequently touched surfaces daily. If surfaces are dirty, clean them using detergent or soap and water prior to disinfection.
- Wipe keys, door handles, handrails, and other regularly touched surfaces.
Safer Indoor Interactions

Indoor social interactions are much riskier. If you must meet indoors, follow all the tips above in addition to the ones below:

- Sanitize your hands upon arrival with an alcohol-based hand sanitizer.
- Make sure you are in a well ventilated area, preferably with open windows.
- Face coverings should always be worn.
- Minimize contact with surface areas and have cleaning supplies nearby so that areas can be wiped down frequently.
- Bring your own food for you and your household to the extent possible.
- Have dedicated utensils and glasses per person to the extent possible.
- Make a plan to avoid using others’ bathrooms, if possible. If the bathroom must be used have disinfecting wipes to wipe down handles, door knobs, sinks, etc.

What To Do If You Feel Ill

Cover your face, test early, and trace!

If you have any one of the following symptoms that is new and not otherwise explained, get tested for COVID-19.

- Fever, Chills, or Repeated Shaking/Shivering
- Cough
- Sore Throat
- Shortness of Breath, Difficulty Breathing
- Feeling Unusually Weak or Fatigued
- New Loss of Taste or Smell
- Muscle pain
- Headache
- Runny or congested nose
- Diarrhea

To get tested:

- Contact your healthcare provider; or
- Sign up for free testing at CityTestSF sf.gov/citytests; or
- If you live outside of San Francisco, you can check with the county where you live for other testing options.


What else can the community do to prevent COVID-19 transmission?

- One way we can all work together is to make sure people know when they may have been exposed. “Contact tracing” is critical to preventing further transmission of COVID-19. The San Francisco Department of Public Health, in partnership with community, helps identify those who
have had close contact with all people who have COVID-19. We do this whenever there is an outbreak of infectious diseases like measles, tuberculosis, and others to protect the community’s health.

- If you take a test and the result is positive, a trained public health worker will reach out to you by phone or text. They check to see how you are doing, make sure you have what you need to isolate at home, and take a history of the places you’ve been and the people that you may been in contact with. This is why it is important for you to be mindful of who you interact with and to decrease the number of people with whom you interact.
- Find out more at [https://covid19.ca.gov/contact-tracing/](https://covid19.ca.gov/contact-tracing/)

**Frequently Asked Questions**

**Does the SFDPH say we can leave our homes and have social interactions?**
While sheltering in place is still the best way to protect yourself, your family, and your community, exposure to the outdoors is good for your health. When planning outdoor activity, you may want to plan a safe social interaction to help your mental health and reduce social isolation.

**Are we allowed to meet in our local park for a picnic and toss a Frisbee or football?**
Parks are a great way to get exposure to the outdoors, which is good for your health. You can have a picnic with a friend or a very small and consistent group of friends by staying 6 feet apart and without sharing food or drinks. Getting exercise is good. However, passing an object, like a Frisbee or football, back and forth or sharing food is not safe during this pandemic. Maybe you and a friend might want to do something else - six feet apart but together. Dancing is a great way to exercise and blow off some stress.

**My young children are going crazy and they need to have a playdate. How can we do one safely?**
Although most children get no or mild symptoms when they have COVID-19, some children are at higher risk. For some families, children with health conditions or disabilities may be feeling an intense need for social interactions. Making decisions about risk can be complicated. If you decide to have social interactions outside your household, see the tips above. Outdoor playdates where the adults stay 6 feet apart with face coverings on are safest. Do not share food. To the extent possible, try not to share toys. If you do, sanitize hands before they play. After play, wipe down toys and sanitize hands before returning home. If you are feeling overwhelmed, reach out to others and let them know. The San Francisco Human Services Agency has a 24-hour Crisis Line For Parents at (415) 441-5437. Learn more about resources at [https://www.sfhsa.org](https://www.sfhsa.org)

**I need to check on a grandparent and my young child won’t/can’t wear a mask? What can we do to have a safe visit?**
Sheltering in place is very important for people in high risk groups, such as older adults over the age of 60. Isolation is also a serious issue for older adults. Consider all the different ways that you can check on someone safely first, such as more frequent phone calls or, if possible, virtual visits. If you feel like a wellness check or social visit is necessary, be particularly mindful of the tips above. Stay outside, 6 feet apart, and with face coverings on to the extent possible (for those older than 2). Encourage your children to stay 6 feet apart especially when interacting with higher risk groups. See [www.sfcdcp.org/vulnerable](http://www.sfcdcp.org/vulnerable)
I am over 60 and miss my grandkids who live nearby. What can I do?
See above. Family and meaningful connection are important to your health. Stay outside, 6 feet apart, and encourage others to keep their face coverings on to the extent possible. Wash your hands or use hand sanitizer frequently, particularly when contact with others or surfaces they have touched occurs inadvertently.

Can I host a socially distant birthday party outdoors? Sheltering in place and our stay at home order does not allow outdoor group celebrations. When groups get together, the risks to everyone in the group goes up, as well as all the people that they work with and come in contact with. Consider a small outdoor get-together with 1-2 other households while remaining 6 feet apart and with face coverings. Or consider a “porch” party where the guests come by at different times to celebrate with you from 6 feet distance. Play music and blow kisses and wave and cheer another year of life!

Someone I met up with tested positive for COVID-19. We haven’t touched and have only met outdoors, what is the risk and what should I do next? We are learning more about COVID-19 each week. At the current time, there is minimal risk to outdoor, no-contact interactions where people are six feet apart at all times with their faces covered, and no food or objects are shared. If you think you spent more than 10 minutes within 6 feet of that person while THEY were not masked, then you should quarantine for 14 days. See Guidance for Isolation & Quarantine at www.sfcdcp.org/Isolation-Quarantine-Packet. If you develop any symptoms of illness, call your healthcare provider, get tested and isolate according to the instructions in Guidance for Isolation & Quarantine at www.sfcdcp.org/Isolation-Quarantine-Packet.

Can I have a dinner party with friends at my house or in my backyard?
Outdoor interactions are much safer. Sharing food and utensils is a risk. To the extent possible, avoid sharing food, utensils, or other items. Bring your own food and dishware, stay outdoors and 6 feet apart with face coverings on. Make a plan to avoid using others’ bathrooms, if possible. If the bathroom must be used have disinfecting wipes to wipe down handles, door knobs, sinks, etc.

What if I’m feeling a bit sick-ish but I’m not sure if it is really something or not - is it still okay to meet up outdoors with a friend or two? If you feel at all unwell, stay home, for yourself and others. See “What To Do If You Feel Ill” above. Call your healthcare provider and get tested. Staying home when you might be sick saves lives.

Useful COVID-19 resources to keep checking:

- San Francisco Department of Public Health (SFDPH) COVID-19 Guidance: www.sfcdcp.org/covid19
- City and County of San Francisco COVID-19 Information: sf.gov/coronavirus
- California Connected – Contact Tracing: https://covid19.ca.gov/contact-tracing/