



## 新冠狀病毒（COVID-19）診斷檢測結果前、後的隔離和檢疫步驟

您可能有很多原因而需要進行 COVID-19 檢測，可能是因為您出現了感染症狀，或許因為您曾與 COVID-19 患者密切接觸，又或許是工作原因的建議或需要您進行檢測。以下的說明將幫助您確定在等待診斷測試結果期間和獲得測試結果後應做的事項。

### 等待檢測結果期間應怎樣做：

如果您出現任何 COVID-19 症狀\*，請在等待結果期間遵循隔離步驟。

\*COVID-19 症狀包括：

- 發燒、發冷或反覆發抖/發顫
- 咳嗽
- 喉嚨痛
- 氣喘、呼吸困難
- 感到異常疲倦或疲勞
- 味覺或嗅覺喪失
- 肌肉疼痛
- 頭痛
- 流鼻涕或鼻塞
- 腹瀉

如果您未出現任何症狀，但是曾與 COVID-19 患者有過密切接觸#，請在等待檢測結果期間執行檢疫步驟。

#如果您與 COVID-19 陽性患者的密切接觸始於其症狀開始前 48 小時內，則您被視為該患者的密切接觸者，該患者曾：

- 與您同住或過夜
- 是您的親密性伴侶
- 照顧您或受您照顧
- 在其未戴口罩的情況下，曾在您 6 英尺距離內停留超過 10 分鐘
- 在您未穿戴口罩、罩衫和手套的情況下，直接接觸其體液或分泌物（例如向您咳嗽或打噴嚏）

如果您未出現 COVID-19 症狀，並且不是密切接觸者，則只需等待檢測結果即可。您無需執行隔離或檢疫步驟。

### 得到檢測結果後應怎樣做：

如果您的檢測呈陽性，請遵循隔離步驟

如果您的檢測呈陰性，且：

- 您不是密切接觸者，亦並未出現 COVID-19 症狀⇒，可以恢復常規活動。
- 您曾經是 COVID-19 陽性患者的密切接觸者#⇒，則需繼續執行檢疫步驟。
- 您不是密切接觸者，但出現了 COVID-19 症狀\* ⇒
  - 如果您的醫療保健提供者認為您感染了 COVID-19，請繼續執行隔離步驟。
  - 如果您與脆弱易受感染的人群有過密切接觸，\*\*您應考慮按隔離步驟所述，在整個隔離期內保持隔離。
  - 否則，請遵循隔離步驟，直至在未服用退燒藥物的情況下退燒，且症狀持續改善。這兩種情況均需維持 72 小時。

\*\*脆弱易受感染的人群包括：

- 年齡為 60 歲或以上
- 在療養院或長期護理設施居住
- 患有哮喘（中度至嚴重程度）
- 患有慢性肺病
- 患有糖尿病（1 型、2 型、或妊娠期）
- 患有嚴重心臟病（包括心力衰竭、冠狀動脈疾病、先天性心臟病、心肌病和肺動脈高壓
- 患有高血壓
- 患有慢性腎臟疾病，正在接受透析治療



- 患有嚴重肥胖症（體重指數為 40 或更高）
- 患有慢性肝病
- 免疫功能低（包括癌症治療、骨髓或器官移植、免疫缺陷、低差異化集群 4（CD4）細胞總數或未接受愛滋病毒治療、以及長期使用皮質類固醇和其他免疫減弱藥物）



## 冠狀病毒-2019 (COVID-19) 感染者及家屬或密切接觸者 居家隔離和檢疫指引

- 1) 如果您已確診患有 COVID-19 或具有醫生診斷，須遵守《衛生官員隔離指令》(Health Officer Isolation Directive)，該指令可在 <https://www.sfdph.org/dph/alerts/files/Blanket-Isolation-Directive-05.2020.pdf> 查看
- 2) 如果您家中有 COVID-19 患者，或者您與 COVID-19 患者有過密切接觸，須遵守《衛生官員隔離指令》，該指令可從以下網址查看：<https://www.sfdph.org/dph/alerts/files/Blanket-Quarantine-Directive-05.2020.pdf>
- 3) 如果您正在等待檢測結果，請在結果出來前遵循居家隔離步驟（見下文）。如果您的檢測結果為陰性，請先諮詢醫生，然後再停止遵守居家隔離步驟。

### 居家隔離步驟

如果您已經確診感染 COVID-19，**或者**正在等待 COVID-19 檢測結果，則您必須遵循以下居家隔離措施以防止疾病傳播。

#### 待在家裡，直到康復為止

- 大多數 COVID-19 患者的病症較輕，待在家裡即可康復。如果您年滿 60 歲或患有心臟病、肺病、或腎病、糖尿病、高血壓，或免疫系統衰弱等健康問題，則您罹患重病的風險較高。
- 請勿外出上班、上學或前往公共區域。
- 待在家裡，直到康復為止康復意味著：過去 72 個小時內退燒，且未服用對乙酰氨基酚 (Tylenol®) 等退燒藥物，**並且**咳嗽或呼吸困難得到了改善，**以及**距您首次出現症狀至少有 10 天。如果您的 COVID-19 檢測呈陽性，但從未出現病症，請從您進行檢測之日算起，至少在家待上 10 天。

#### 密切接觸者

- 家人、性伴侶以及您的照顧者或您照顧的人都被視為「密切接觸者」。密切接觸者還包括您確定在您未帶口罩的情況下，曾在您 6 英尺距離內停留超過 10 分鐘的人，或者在沒有戴口罩、罩衫和手套的情況下直接接觸您的體液或分泌物的人。
- 如果您已確診患有 COVID-19 或已獲得醫生診斷，從您出現病症前的 48 小時，一直到您進行自我隔離之前，所有與您有過密切接觸之人，都應遵循居家檢疫步驟。請將此文件分享給他們。如需幫助通知您的密切接觸者而又不透露您的身份，請致電 415-554-2830。

#### 如果不得已要與他人接觸怎麼辦？

- 與您保持密切接觸的任何人，都需要從與您密切接觸的最後一天，或者從您的隔離結束之日算起，開始為期 14 個整天的新檢疫週期。

#### 哪些人不需要自我隔離？

- 未成年兒童和有特殊需求之人，其需要專門照護。

### 居家檢疫步驟

如果您與 COVID-19 確診病患居住在一起，**或者**有過密切接觸（包括從其出現任何症狀之前的 48 小時，到其自我隔離為止有過接觸），則必須遵循以下「居家檢疫」步驟。如果您感染了 COVID-19，最多可能需要 14 天才會出現症狀。在此期間，請務必待在家裡並監測自身健康狀況，以防止傳染任何其他人士。

#### 待在家裡，查看您是否出現症狀

- 在您最後一次與 COVID-19 感染者密切接觸後，您必須居家檢疫 14 個整天。
- 左欄描述了與 COVID-19 患者密切接觸的情形。
- 如果您無法避免與 COVID-19 感染者密切接觸，則您必須在其完成自我隔離之日後，進行為期 14 個整天的檢疫。總共可能至少需要 24 天。

#### 如果您出現症狀，該怎麼辦？

- COVID-19 症狀包括發燒、發冷、咳嗽、呼吸急促、喉嚨痛、流鼻涕、或肌肉酸痛、頭痛、惡心、嘔吐、腹瀉或失去嗅覺或味覺。
- 如果您出現上述任何症狀，並且是您在日常生活中不經常出現的新症狀，則您可能患有 COVID-19，且您必須遵循居家隔離步驟。
- 密切監測您的症狀，如果症狀惡化，尤其是在您有較高風險患上重病的情況下，請尋求醫療建議或醫療護理。
- 請諮詢您的醫療服務提供者或尋求 COVID-19 診斷性檢測以確診。

#### 哪些人不需要檢疫？

- 未成年兒童和有特殊需求之人，其需要專門照護
- 必要的 COVID-19 響應工作者\*（查看雇主政策；在不工作時嘗試遵循居家隔離步驟）

\*必要的 COVID-19 響應工作人員包括醫護人員、處理 COVID-19 樣本的實驗室人員、停屍房工作人員、急救人員、執法人員、衛生工作人員、911 和 311 工作人員、應急管理人員、指定救災服務人員，以及長期護理設施或遊民收容所的工作人員。



## 同時適用於居家隔離和居家檢疫的限制和資訊

- 除醫療就診外，請留在家中。請勿外出上班、上學或前往公共區域。
- 請勿使用公共交通工具、拼車服務或的士。
- 與家裡其他人進行隔離，尤其是有較高重症風險之人。
- 盡量待在特定的一個房間中，遠離家中其他人。如果可以，請使用單獨的衛生間。
- 切勿為他人準備或提供食物。
- 切勿允許訪客進入您的家中。
- 限制與寵物接觸。

如果您無法滿足當前居家隔離或檢疫的要求，可聯絡 3-1-1 尋求住房、食品或其他需求方面的幫助。

### 防止疫情擴散：

- 如果您與他人共處一室，請戴上面罩或口罩。如果您無法佩戴面罩或口罩，則與您共處一室或進入您房間的其他人應該佩戴面罩或口罩。
- 遮擋您的咳嗽和噴嚏。用紙巾捂住口鼻，或者對著袖子打噴嚏（不要對著手），然後把紙巾扔到裝有塑膠袋的垃圾桶裡，並立即洗手。
- 經常用肥皂和水仔細洗手至少 20 秒鐘，尤其是在咳嗽、打噴嚏、擤鼻子或上完洗手間後。如果手沒有明顯髒污，可以使用最少含有 60% 酒精的酒精搓手液代替肥皂和水。
- 請勿與其他人共用家庭用品，例如碗碟、杯子、餐具、毛巾、床上用品。在使用這些物品後，應使用肥皂和水對其進行徹底清洗。可以在標準洗衣機中用溫水和清潔劑洗滌衣物；亦可添加消毒劑，但非必需。
- 每天清潔和消毒所有「經常接觸」的表面（包括櫃檯、桌面、門把手、水龍頭、衛生間、電話、電視遙控器、鑰匙、鍵盤），尤其是可能沾有體液的任何表面。根據產品標識說明，使用家用清潔和消毒噴霧或濕巾。更多資訊：<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html>

### 實行居家照護：

- 多休息，多補充水分。您可以服用乙醯胺酚 (Tylenol®) 來退燒和止痛。
  - 未經醫生事先檢查，請勿給 2 歲以下的小孩服用任何藥物。
  - 請注意，藥物並不能「治癒」COVID-19，也不能防止您傳播病毒。
- 如果您的症狀惡化，尤其是您有較高重病風險時，請就醫。
- 表明您應該就醫的症狀包括：



- 在前往醫生診所或醫院前，請盡量提前致電與其聯絡，並告知其您正在進行 COVID-19 隔離，讓醫護人員為您的到來做好準備，並保護他人免受感染。
  - 切勿在候診室中等待，並盡量一直佩戴面罩或口罩。
  - 請勿使用公共交通工具。
  - 如果您撥打 911，您必須首先告知派遣人員和護理人員您正在進行 COVID-19 隔離。

這些指引的副本和常見問題解答提供多種語言版本。

造訪 <http://www.sfcdcp.org/covid19> 的隔離和檢疫指令或致電 3-1-1。

感謝您對此重大公共衛生事件的配合。



**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".

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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