



**DIRECTIVE OF THE HEALTH OFFICER No. 2020-02e**

**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: July 21, 2021

Summary: SARS-CoV-2, the virus that causes Coronavirus 2019 Disease (“COVID-19”), is easily transmitted, especially in group settings, and 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. The spread of COVID-19 (which includes people without symptoms) remains a danger to the health of the public within the City and County of San Francisco (the “City”), and in particular to people who are not Fully Vaccinated. Individuals in close contact with a person infected with 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 and protect vulnerable individuals, it is necessary that anyone who is not Fully Vaccinated who is exposed to a person diagnosed with or likely to have COVID-19 self-quarantine subject to the rules listed in this Directive. And even Fully Vaccinated people who had close contact with someone with COVID-19 should self-monitor and then isolate if they develop symptoms. Quarantine separates an at-risk person who knows that they have been exposed to COVID-19 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 not Fully Vaccinated and are high risk for serious illness. The update to this Directive includes a general exception for some people who have completed their COVID-19 vaccination, but the rules listed below should be consulted for details. For additional information about quarantine requirements, see <https://www.sfdph.org/dph/COVID-19/Isolation-and-Quarantine.asp>.

**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 DIRECTS AS FOLLOWS:**

1. Definitions.

For purposes of this directive:

- a. A “Close Contact” of a Person With COVID-19 means either a person who was identified as a close contact by a health care provider or public health official or a person who knowingly had any of the following types of contact with a Person With COVID-19 while the Person With COVID-19 was contagious:
  - i. Lived in or stayed at the same residence as the Person With COVID-19 for any amount of time; or
  - ii. Was an intimate sexual partner of the Person With COVID-19; or



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- iii. Stayed within 6 feet of the Person With COVID-19 for fifteen (15) minutes or more during a 24-hour period, even if that fifteen minutes occurred from the combination of several shorter interactions throughout the day; or
- iv. Had direct contact for any amount of time with the body fluids and/or secretions of the Person With COVID-19 (for example, 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).

A Person With COVID-19 is considered contagious 48 hours before their symptoms began until at least 10 days after the start of symptoms. If the Person With COVID-19 never had symptoms, they are considered contagious 48 hours before their COVID-19 test was collected until 10 days after they were tested.

- b. “COVID-19 Symptoms” means the symptoms listed at <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>, which generally include among others fever, respiratory symptoms such as coughing, difficulty breathing, or shortness of breath, chills, muscle pain, sore throat, or new loss of the sense of smell or taste.
- c. “Person With COVID-19” means a person who meets any of the following criteria:
  - i. The person has a positive lab test for the virus that causes COVID-19 (SARS-CoV-2); or
  - ii. The person has been clinically diagnosed with COVID-19 by a healthcare provider.

A person is no longer considered a Person With COVID-19 once all of the following occur: (a) at least one (1) day (24 hours) has passed since their last fever (without use of fever-reducing medications), and (b) there has been improvement of other symptoms, and (c) 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.

- d. A person is “Fully Vaccinated” two weeks after completing the entire recommended series of vaccination (usually one or two doses) with a vaccine authorized to prevent COVID-19 by the FDA, including by way of an emergency use authorization, or by the World Health Organization. For example, as of the date of issuance of this Directive, an individual would be fully vaccinated at least two weeks after receiving a second dose of the Pfizer or Moderna COVID-19 vaccine or two weeks after receiving the single dose Johnson & Johnson’s Janssen COVID-19 vaccine.
- e. “Health Care Settings” means acute care hospitals, skilled nursing facilities, and residential care facilities for the elderly.
- f. “High-Risk Settings” means general acute care hospitals, skilled nursing facilities, residential care facilities for the elderly, homeless shelters, and jails. This definition is intended to match the definition of the term High-Risk Settings listed in Health Officer Order No. C19-07 (the “Safer Return Together Order”), available online at [www.sfdph.org/healthorders](http://www.sfdph.org/healthorders), and any changes to the definition in that order are automatically incorporated into this Directive by this reference.



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- g. “Quarantine” means to stay separated from other people in the person’s residence or another residence, such as a hotel or motel. The Department of Public Health (“DPH”) has issued guidance on how to quarantine properly—referred to here as the “Isolation and Quarantine Instructions” and titled *Home Isolation and Quarantine Instructions; What to do when you must stay home to prevent the spread of COVID-19*. A copy of the Isolation and Quarantine Instructions is attached to this Directive and is also available online at <https://www.sfdph.org/dph/alerts/covid-guidance/what-to-do-quarantine.pdf>. A person who is required to Quarantine must carefully review and closely follow all home quarantine guidelines listed in the Isolation and Quarantine Instructions.

2. Quarantine Requirement for Close Contacts of a Person With COVID-19.

Except as specifically stated in Section 3, below, any person who has Close Contact with a Person With COVID-19 must follow the requirements detailed in this section.

a. *Fully Vaccinated Person With a Close Contact and No COVID-19 Symptoms*

- i. Except as provided in subsection 2(a)(ii) below, a Fully Vaccinated person who has a Close Contact with a Person With COVID-19 is **not** required to Quarantine as long as they do not develop COVID-19 Symptoms. The person should closely monitor themselves for COVID-19 Symptoms until 14 days after the Close Contact.

If the person develops COVID-19 Symptoms that are new or unexplained by another condition—even if the symptoms are very mild—that person is subject to Health Officer Directive No. 2020-03 (Isolation Directive) and must carefully review and follow the requirements for Fully Vaccinated people set forth in that Directive. A person who experiences COVID-19 Symptoms is strongly encouraged to be tested for COVID-19. They should also consult their healthcare provider via telephone or other remote methods and, in the case of a medical emergency, seek emergency care.

- ii. A Fully Vaccinated person who lives in a Health Care Setting and has a Close Contact with a Person With COVID-19 is required to quarantine for fourteen (14) days since their last Close Contact with the Person With COVID-19 due to higher transmission risk and worse COVID-19 outcomes for this population.
- iii. A Fully Vaccinated person who works in a High Risk Setting and has a Close Contact with a Person With COVID-19 must notify their employer and follow any workplace policies and requirements concerning return to work. Asymptomatic Fully Vaccinated health care personnel do not need to be excluded from work following their exposure.
- iv. Any Fully Vaccinated person who lives or works in any High Risk Setting and has a Close Contact with a Person With COVID-19 is strongly urged to be tested for COVID-19.

b. *Not Fully Vaccinated Person With a Close Contact and No COVID-19 Symptoms*

- i. Except as provided in Section 3 below, any person who is not Fully Vaccinated who has Close Contact with a Person With COVID-19 is required to Quarantine. If they do not develop any COVID-19 Symptoms, they may leave Quarantine:
- Ten (10) days after their last Close Contact with the Person With COVID-19, or
  - Seven (7) days after their last Close Contact if they receive a negative COVID-19 test result from a test taken on or after day 5 post exposure and do not live in a High Risk Setting.



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For clarity, people who live in High Risk Settings cannot end their Quarantine early with a negative COVID-19 test; they must Quarantine for the entire fourteen (14) day period.

- ii. A person who is not Fully Vaccinated who has a Close Contact with a Person With COVID-19 should closely monitor themselves for COVID-19 Symptoms until 14 days after the Close Contact. If the person develops COVID-19 Symptoms that are new or unexplained by another condition—even if the symptoms are very mild—they must Quarantine for 14 days. In addition, that person is subject to Health Officer Directive No. 2020-03 (Isolation Directive) and must carefully review and follow the requirements for people who are not Fully Vaccinated set forth in that Directive in addition to completing the required Quarantine. A person who experiences COVID-19 Symptoms should also consult their healthcare provider via telephone or other remote methods and, in the case of a medical emergency, seek emergency care.
- iii. A person who is not Fully Vaccinated who has a Close Contact with a Person With COVID-19 cannot visit a High Risk Setting until fourteen (14) days after their last Close Contact.
- v. A person who is not Fully Vaccinated who works in a High Risk Setting and has a Close Contact with a Person With COVID-19 must notify their employer and follow any workplace policies and requirements concerning return to work. If the vaccination status of an employee is not known, the employer must treat the person as if they are not Fully Vaccinated.

c. *Person With a Close Contact and COVID-19 Symptom(s)*

Any person—regardless of vaccination status—who has Close Contact with a Person With COVID-19 and develops COVID-19 Symptoms that are new or unexplained by another condition—even if the symptoms are very mild—is subject to Health Officer Directive No. 2020-03 (Isolation Directive) and must carefully review and follow the requirements set forth in that Directive. A person who experiences COVID-19 Symptoms should also consult their healthcare provider via telephone or other remote methods and, in the case of a medical emergency, seek emergency care.

d. *Person With a Close Contact and a COVID-19 Diagnosis*

Any person—regardless of vaccination status—who tests positive for COVID-19 or clinically diagnosed with COVID-19 by a healthcare provider is subject to Health Officer Directive No. 2020-03 (Isolation Directive) and must carefully review and follow the requirements set forth in that Directive.

### 3. Exceptions and Exemptions

- a. Minors and adults with special needs who are unable to care for themselves do not have to Quarantine away from caregivers in their home. However, they should stay at home and avoid people outside their household except to receive medical care during the Quarantine period. And those living with them or providing care to them are strongly encouraged to wear a well-fitted mask and wash their hands frequently during the Quarantine period; if they are not Fully Vaccinated, they must also Quarantine per the terms of this Directive after their last close contact with the Person With COVID-19 while the person was infectious.



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- b. Children and youth who have Close Contact with a Person With COVID-19 outdoors at a school, childcare, or Program for Children and Youth are not required to Quarantine unless the Close Contact occurs (1) during a high-contact sport or dance or (2) while stationary and unmasked (e.g., while eating a meal or singing in a chorus). High contact sports and dance are sports/dance activities with frequent or sustained contact within 6 feet (in many cases, face-to-face contact) between participants and high probability that respiratory particles will be transmitted between participants—for example, football, basketball, soccer, boys'/men's lacrosse, water polo, and partner dancing.

For clarity, quarantine is only required if the cumulative time spent within 6 feet of the case was at least 15 minutes; regardless of the duration of the activity.

- c. Per the California Department of Public Health's "COVID-19 Public Health Guidance for K-12 Schools in California, 2021-22 School Year" (available at <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/K-12-Guidance-2021-22-School-Year.aspx>), TK-12 students who have Close Contact in an indoor classroom setting at school may undergo a *modified* 10-day quarantine and can continue to attend school if:

- Both the student and the infected person wore face masks consistently and correctly; and
- The student continues to appropriately mask, as required; and
- The student gets tested for COVID-19 twice a week during the 10-day Quarantine period; and
- The student does not develop any COVID-19 Symptoms that are new or unexplained by another condition. A student who develops COVID-19 Symptoms that are new or unexplained by another condition—even if the symptoms are very mild—is subject to Health Officer Directive No. 2020-03 (Isolation Directive) and must carefully review and follow the requirements set forth in that Directive.

Students must Quarantine except to attend school, and must not participate in extracurricular activities at school, including sports, or activities within the community until their Quarantine period ends.

- d. A person who had a laboratory-confirmed COVID-19 diagnosis or SARS-CoV-2 infection within the preceding 90 days does not have to Quarantine if, after their infection, they become a Close Contact of another Person With COVID-19, but the person should closely monitor themselves for COVID-19 Symptoms until 14 days after the Close Contact. If the person develops COVID-19 Symptoms that are new or unexplained by another condition—even if the symptoms are very mild, they must isolate by following the guidelines listed in the Isolation and Quarantine Instructions until they can consult with their health care provider about whether they need to be tested or continue to isolate.
- e. A health care professional who provides treatment to a Person With COVID-19 is not considered a Close Contact as long as the health care professional was wearing personal protective equipment for the entire duration of the contact.
4. This Directive is necessary in light of the ongoing pandemic, and although a majority of people in the City are Fully Vaccinated, infections continue among people who are not (including many who are not yet eligible to be vaccinated), and even people who are Fully Vaccinated can



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on occasion become infected by SARS-CoV-2.

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, the Safer Return Together Order, and guidance issued by the California Department of Public Health and Centers for Disease Control and Prevention, including as each has been and may be supplemented. But this Directive also functions independent of those emergency proclamations and other actions, and if any State, federal, or local emergency declaration, or any State or federal order or other guidance, is repealed, this Directive remains in full effect in accordance with its terms (subject to Section 6 below).
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. This Directive becomes effective immediately on issuance and will be in effect until it is extended, rescinded, superseded, or amended in writing by the Health Officer. Also, effective immediately on issuance, this Directive revises and replaces Directive Number 2020-02d, updated December 30, 2020. For purposes of this Directive, any future changes provided online to the Isolation and Quarantine Instructions or any other guidance listed in this Directive are automatically incorporated into this Directive by this reference. Any health and safety plan approved by the Health Officer addressing quarantine may continue to be followed.

A handwritten signature in black ink, appearing to read "Susan Philip", written over a horizontal line.

Susan Philip, MD, MPH,  
Health Officer of the  
City and County of San Francisco

July 21, 2021



# San Francisco Department of Public Health

## Home Isolation and Quarantine Instructions What to do when you must stay home to prevent the spread of COVID-19

If you have received the COVID-19 vaccine, please read more about safer social interactions at: [www.sfgdcp.org/lifeaftervaccine](http://www.sfgdcp.org/lifeaftervaccine)

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## **If you have COVID-19 or symptoms of COVID-19**

### **Home Isolation Instructions**

#### **1. Stay home except to get tested or get medical care.**

- You must stay at home and away from other people until your isolation ends.
- Do not let visitors inside your home, unless you need their help to take care of you. Friends and family can leave food, medicine, and other things you need outside your door.
- If you leave home to get tested or get medical care, avoid using public transportation, taxis, or ride-shares (Lyft, Uber) if possible. For more information, see [www.sfcddcp.org/safertransit](http://www.sfcddcp.org/safertransit).
- If you have COVID-19, you can call 3-1-1 if you cannot stay apart from other people in your home, or if you need food or other resources to stay at home.

#### **2. Get tested.**

- Contact your doctor or the clinic. Tell them that you have symptoms of COVID-19.
- If you don't have health insurance or a regular doctor, see [sf.gov/gettested](http://sf.gov/gettested) for places where you can get tested for free.

#### **3. Care for yourself and watch for worsening COVID-19 symptoms.**

See the section on "[COVID-19 symptoms](#)" below. Call your doctor if your symptoms get worse, especially you have trouble breathing. For more information, see "[When to get medical care](#)."

#### **4. Try to stay away from other people in your home, in case you are infected.**

See the section on "[Protecting your loved ones and others in your home](#)."

*If you tested positive or were diagnosed with COVID-19, you should also:*

#### **5. Answer the phone if you get a call from (916) 262-7553.**

A public health worker will call to see if you need to food, housing, and other support to stay at home. They will also help notify people you had close contact with who might have been infected with COVID-19. They will **not** share your name with people you had close contact with.

Health workers **will not** ask you for:

- Your immigration status or Social Security number
- Money
- Bank account or credit card numbers

#### **6. Tell your close contacts that they have been exposed to COVID-19.**

*A close contact is anyone who was within 6 feet of you for a total of 15 minutes or more over the course of a day, starting 48 hours before your symptoms began (if you had no symptoms, 48 hours*



before your positive test was collected).<sup>1</sup>

*An infected person can spread COVID-19 to others before they have symptoms or test positive. By letting your close contacts know that they may be infected and need to quarantine, you help keep COVID-19 from spreading.*

- Give or send your close contacts a copy of the section below titled “[If you must stay at home after close contact with someone with COVID 19: Home Quarantine Instructions.](#)” It is also online at [www.sfgdcp.org/i&q](http://www.sfgdcp.org/i&q)

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<sup>1</sup> A close contact also includes anyone who lived or stayed overnight with you; took care of you or you took care of them; were physically intimate with you, including only kissing or having sex; or had contact with your bodily fluids (you coughed or sneezed on them, shared eating utensils, or drank out of the same cup or bottle), while you’re contagious.

# If you must stay home after close contact with someone with COVID-19

## Home Quarantine Instructions

If you had close contact with someone who has COVID-19, you may be infected. You could spread the infection to others, even before you develop symptoms or test positive.

### 1. Stay home except to get tested or get medical care.

- You must stay at home until your quarantine ends.
- Do not let visitors inside your home, unless you need help to take care of you. Friends and family can leave food, medicine, and other things you need outside your door.
- If you leave home to get tested or get medical care, avoid using public transportation, taxis, or ride-shares (Lyft, Uber) if possible. For more information, see [www.sfgdcp.org/safertransit](http://www.sfgdcp.org/safertransit).
- Call 3-1-1 if you cannot quarantine where you live, or if you need food or other resources.

### 2. Try to stay away from other people in your home, in case you are infected.

Read the section below, titled [“Protecting your loved ones and others in your home.”](#)

### 3. Get tested.

- Get tested **5-6 days after your last close contact**, if you don’t develop symptoms before then.
- Get tested **right away if you develop symptoms** at any point during your quarantine, even if you had a negative test earlier during quarantine.

**Stay home until the end of your quarantine, even if your test is negative.**

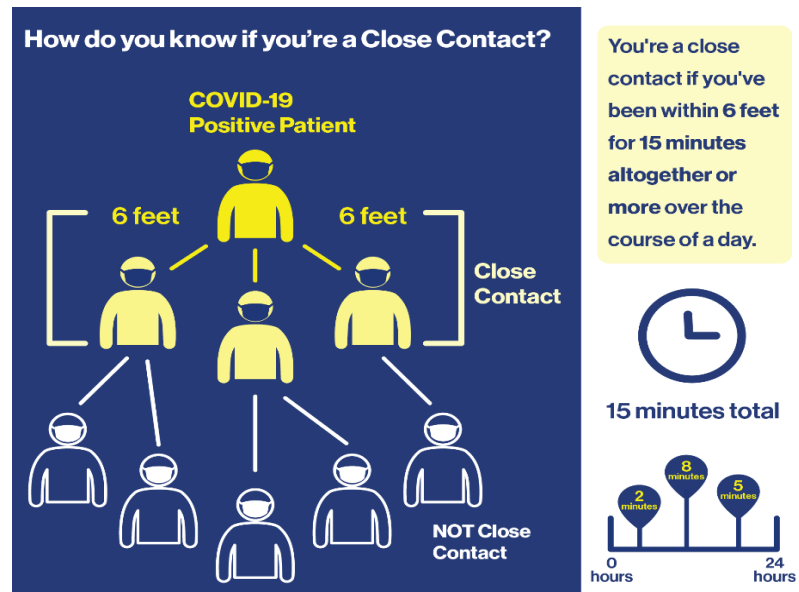
You could still be infected. People can test negative early in their infection.

To get a COVID-19 test,

- Contact your doctor or clinic. Tell them that you had close contact to COVID-19.
- If you do not have health insurance or a regular doctor, see [sf.gov/gettested](http://sf.gov/gettested) for places where you can get tested for free.

### 4. Watch for symptoms of COVID-19.

See [“COVID-19 symptoms.”](#) Get tested if you develop symptoms, even if you already had a negative COVID-19 test earlier during quarantine. Call your doctor if your symptoms get worse, especially you have trouble breathing. For more information, see [“When to get medical care”](#) below.



## 5. Answer the phone if you get a call from (916) 262-7553.

This is a health worker from the San Francisco Department of Public Health calling because you have been exposed to COVID-19. They can answer your questions about COVID-19 and quarantine, help you get tested, and help connect you to food, housing, or other support so you can stay at home.

Health department staff **will not** ask you for:

- Your Social Security number or immigration status
- Money
- Bank account or credit card numbers

### Does everyone in my home have to quarantine with me?

No. Only people who had close contact with someone with COVID-19 must quarantine. Other people you live with can leave home, as long as they don't have COVID-19 symptoms. [Fully vaccinated](#) people with no COVID-19 symptoms do not have to quarantine.

# Caring for yourself and others in your home

## COVID-19 symptoms

Symptoms appear 2-14 days after someone is infected, usually 5-6 days later. Symptoms include:

- Fever, chills, or repeated shaking/ shivering
- Cough
- Shortness of breath or trouble breathing
- Sore throat
- Loss of taste or smell. Food and drink may taste or smell different.
- Feeling unusually weak or tired
- Muscle aches
- Headache
- Runny or congested nose
- Nausea, vomiting, or diarrhea

Most people with COVID-19 symptoms have mild illness and can recover at home without medical care. Take care of yourself. Rest and drink plenty of fluids. Over-the-counter medicine like acetaminophen (Tylenol®) or ibuprofen (Motrin® or Advil®) can help relieve fever or pain.

## When to get medical care

- **Get medical care if your symptoms get worse**, especially you have trouble breathing. For example, worrisome signs can include
  - Feeling out of breath, dizzy or light-headed when you're moving around the house, preparing meals, showering or bathing, or doing light housekeeping
  - Dehydration because you are too ill or too tired to eat or drink.
- **Get emergency medical care** immediately for any of these warning signs.
  - Trouble breathing
  - Chest pain or pressure that is not going away
  - Being more confused than usual
  - Trouble waking up or staying awake
  - Blue-ish lips or face

## If you need to get medical care

- Call ahead to the clinic or emergency room, if you can. Tell them that you have COVID-19. If you call 911, tell the operator that you have COVID-19. This helps health care staff prepare for your arrival.
- Avoid using public transportation, taxis, or rideshares (Lyft, Uber) if you can, so you don't expose other people. If you must use public transit, see [www.sfcdcp.org/safertransit](https://sfcdcp.org/safertransit)

## Protecting your loved ones and others in your home from COVID-19

It can be scary to think that you might give COVID-19 to your family and other people you live with. You can take some simple and important steps to help keep COVID-19 from spreading in your home, even before you get your test result.

Not everyone can take these steps all the time, especially with young children. However, by taking as many steps as you can, as much as you can, you can protect those you love and those living with you.

- **Try to stay away from other people and pets at home**, especially older people and others who are more likely to become very ill from COVID-19. For a list of groups who are at higher risk of severe COVID-19, see [sfdcp.org/vulnerable](https://sfdcp.org/vulnerable).
- **Stay in a separate room** if you can, especially when you are sleeping, eating, and other times when your mask is off. Use a separate bathroom if you can.
- **Wear a face mask at home. Have other people wear face masks at home too.** For safety, children under 24 months old and anyone else who cannot take off a mask without help should not wear a mask. You do not need to wear a mask when you are in a separate room that no one else enters.
- **Open windows** if it's safe to do so. The virus that causes COVID-19 can build up in the air indoors, so you'll want to bring in as much fresh air as possible. If you live with children, open windows no wider than 4 inches to prevent falls. You can also put a fan in front of an open window to blow indoor air out of the house. For more information, see [sfdcp.org/ventilation](https://sfdcp.org/ventilation).
- Wash or sanitize your hands often.
- Don't share personal household items, like cups, towels, and utensils.
- Avoid preparing food for other people. If you must prepare food for others, wear a mask while preparing food, and wash your hands with soap beforehand.