

# Stay at home during the COVID-19 outbreak.



On March 16th, the City issued a Public Health Order requiring people to stay home except for essential needs to reduce the spread of the Coronavirus. This order is in effect until April 7th.



**San Francisco**  
Department of Public Health

## What does this mean?

- 1 Everyone must stay home except to get food, care for a relative or friend, get necessary health care, or go to an essential job.
- 2 Don't gather with others. That means no dinner parties, no meeting up with friends, and no visitors. Bars, nightclubs, and gyms are closed.
- 3 It is OK to go outside for walks if you are not in a group.
- 4 If you are an older adult or someone with a serious chronic medical condition like diabetes or heart or lung disease, you are especially vulnerable and must stay home.

## Why is this step necessary?

- This mandatory order isn't meant to provoke panic. While this news may feel alarming, it is a critical intervention to protect our loved ones and neighbors.
- We can reduce the spread of the coronavirus and save lives if we maintain social distancing and stay at home. We need everyone's help and cooperation right now to reduce the spread of the virus.

For more information:

**Call 311 or visit [SF.gov](https://www.sfgov.gov)**

# What Should I Do?

Check in with family and friends by phone and email, especially older adults or those with health conditions. You will continue to be able to purchase food, medicine, or personal necessities from grocery stores, pharmacies, gas stations, and hardware stores, which will remain open.

## Travel

- Do not take unnecessary trips inside or outside San Francisco by public transportation, rideshare/taxi or private vehicle.
- Public transportation will continue to operate on a limited basis for those needing essential travel to get food, healthcare, or go to an essential job. You should maintain at least 6 feet, two to three steps away, from other passengers.

## Caring for Loved Ones

- You may provide care or help with getting supplies for loved ones. But don't provide care or pick up supplies if you are sick. If you are sick, please try to self-isolate or take other steps not to expose anyone else.

## Deliveries

- The mail, food delivery, and online stores will continue to function.

## City Government

- Essential local government functions will continue, including first responders, emergency management personnel, emergency dispatchers, and law enforcement.

## Banks and Financial Institutions

- You can go to the bank, but you should minimize unnecessary trips.

## If You are Sick

- If you are feeling sick, please first call your doctor, a nurse hotline, or an urgent care center.
- Do not go to the emergency room of a hospital unless you are having an actual emergency.

## Groceries, Medications, and Supply Stores

- You can go to the store to buy food for yourself, for those in your home, and for anyone else that needs help. This also includes medical supplies at a pharmacy and essential home maintenance supplies at a hardware store. Please minimize unnecessary trips.

## Social Distancing Guidelines to Still Follow

- The best way to reduce your risk of getting sick, as with seasonal colds or the flu, still applies to prevent COVID-19:
  - Wash hands with soap and water for at least 20 seconds.
  - Cover your cough or sneeze.
  - Stay home if you are sick.
  - Avoid touching your face.
  - Avoid groups (stay at least six feet away from others)
  - Reduce the time you are around others outside the home, even when at least six feet away.

## Stay informed

- Text COVID19SF to 888-777 to get text message alerts for official updates.

For more information, visit:

[www.sf.gov/coronavirus](http://www.sf.gov/coronavirus)