Stay home

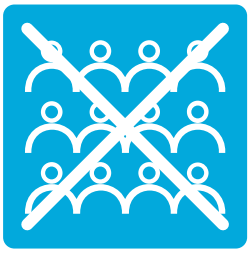
留在家中 • Quédese en Casa • Manatili sa bahay

Everyone must stay home except to get food, care for a relative or friend, get necessary health care, or go to an essential job. It is OK to go outside for walks if you are not in a group.

Todos deben quedarse en casa, excepto para obtener alimentos, cuidar a un ser querido, obtener atención médica o ir a un trabajo esencial. Está bien salir a caminar afuera, al menos que no sea en grupo.

除了買菜、照顧親友、看醫生取藥、和從事必要性質的工作以外， 每個人都必須留守室內。 可以出去散步，只要不是集體行動。

Lahat ay dapat manatili sa bahay maliban lamang sa pagbili ng pagkain, pangangalaga sa kamaganak o kaibigan, pagkuha ng kinakailangang pangangalaga sa kalusugan, o pagpasok sa mahalagang trabaho.

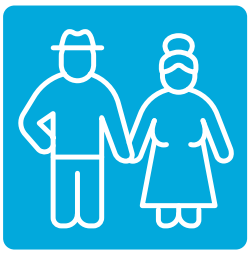


Don't gather with others. That means no dinner parties, no meeting up with friends, and no visitors. Bars, nightclubs, and gyms are closed.

No te reúnas con otra gente. Esto significa no ir a fiestas, reuniones o tener visitantes. Barras, discotecas y gimnasios estarán cerrados.

不要聚會。意思是不能聚餐，不能跟朋友相聚，和不能探訪。酒吧，夜店，和健身房都會關閉。

Huwag makipagkita o tipon sa iba. Kasama dito ang mga salu-salo sa hapunan (dinner party), wala munang pakikipag-kita sa mga kaibigan, at mga bisita. Lahat ng mga bar, nightclub, at gym ay sarado.

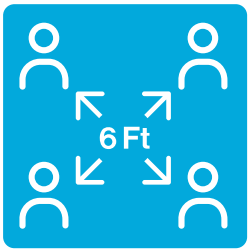


If you are an older adult or someone with a serious chronic medical condition like diabetes or heart or lung disease, you are especially vulnerable and must stay home.

Si es una persona mayor o alguien con una condición crónica como diabetes, o enfermedad cardíaca o pulmonar, es especialmente vulnerable y debe quedarse en casa

如果你是長者或是有嚴重慢性疾病，例如糖尿病或心肺疾病，你屬於高危人群。必須留守在家。

Kung kayo ay may edad o may seryosong chronic (pangmatagalan) na medikal na kondisyon katulad ng diyabetes o sakit sa puso o baga, mas lalo kayong bulnerable at nararapat manatili sa bahay.



Stay at least 6 feet away from each other at all times.

Manténgase al menos 6 pies de distancia el uno del otro a todo momento.

任何時候都要和人保持6英尺距離

Palaging panatiliin ang anim (6) talampakan distansya sa bawat isa

Call 311 or visit sf.gov/Coronavirus

Llama al 311 o visite sf.gov/Coronavirus • 致電311或瀏覽 • Tawagan ang 311 o bisitahin

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

Manténganse informada/informado
Envíe un texto a COVID19SF al 888-777 para recibir alertas de mensajes de texto para nueva información.

繼續關注
發短信COVID19SF到 888-777，就可以收到官方信息。

City & County of San Francisco
Department of Public Health