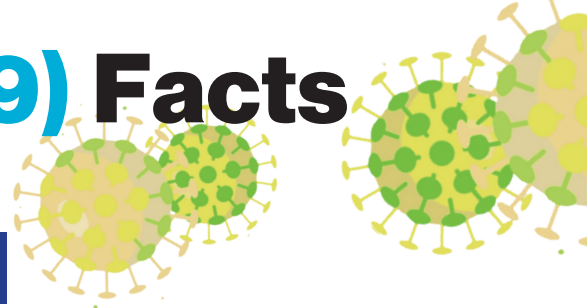


Coronavirus (COVID-19) Facts

Updated March 19, 2020



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. 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.

What does this mean?

- **Everyone** must stay home except to get food, care for a relative or friend, get necessary health care, or go to an essential job.
- **Do not gather with others.** No visitors or meeting up with friends. Bars, nightclubs, and gyms are closed.
- It is OK to go outside for **walks** if you are not in a group.
- If you are an **older adult** or have a **serious chronic medical condition**, you are especially vulnerable and **must stay home**.
- **Essential local government functions will continue**, including first responders and law enforcement.

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**.
- You may provide care or help with getting supplies for loved ones. Don't provide care or pick up supplies if you are sick.
- **If you are feeling sick**, please 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.

Social distancing guidelines to still follow



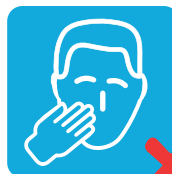
Wash hands with soap and water for at least 20 seconds



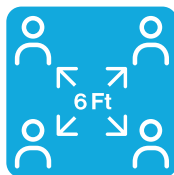
Cover your cough or sneeze



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 info,
call 311 or visit
SF.gov



San Francisco
Department of Public Health