

<https://sf.gov/stay-home-except-essential-needs>

Stay home except for essential needs

On Monday March 16, San Francisco with Health Officers from the Bay Area announced a Public Health Order that requires residents to stay home except for essential needs. This starts on March 17.

What to do

The City issued a Public Health Order requiring people to stay home except for essential needs.

Vulnerable populations must stay home. Everyone else is required to 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 or bike rides if you are not in a group.

Stay at least 6 feet apart when leaving your home for essential activities.

This order is in effect until April 7.

It may be extended depending on recommendations from public health officials.

[Read the full Public Health Order here.](#)

三藩市政府已發出一項公共衛生命令以要求居民留在居所，除非是要滿足基本需要

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屬於高風險居民必須留在居所。所有人也應該留在居所，除非是外出購買食物、照顧親人或朋友、取得必要的醫療護理或上班以執行必須的工作。

你可以外出散步，但不可以與其他人同行。

當您必須外出進行必須要的活動時，請保持至少6英尺的社交距離。

這項命令將生效至4月7日

這項命令可能因應公共衛生官員的建議而延長。

La Ciudad ha emitido una orden de salud pública requiriendo que personas se queden en casa, a menos que tengan necesidades esenciales. Poblaciones vulnerables deben de quedarse en casa. Todos deben de estar en casa y solo salir para comprar mercancía o comida, conseguir medicamentos, el cuidado de un familiar o amigo, recibir atención medical, o un trabajo esencial.

Está permitido caminar a fuera mientras mantenga seis 6 pies de distancia y no están en un grupo.

Está orden esta efectivo hasta al 12:01am del 7 de abril.

Cambios vendrán dependiendo las recomendaciones de los oficiales de la salud pública.

Ang San Francisco Public Health ay nagpahayag ng direktiba para sa mga tao na manatili sa kanilang tahanan.

Para sa mga taong may karamdaman o kondisyong medikal, maaari po lamang na manatili sa bahay liban sa pagbili ng pagkain, pangangalaga ng pamilya o kamag-anak, pagbisita sa doktor, o pagpasok sa trabaho na esensyal sa komunidad.

Maaari pong maglakad sa labas, huwag lang pong magtipon bilang grupo.

Ito po ay opisyal na pahayag mula sa San Francisco Public Health hanggang ika-7 ng Abril.

Thành phố đã đề xuất một Điều Luật Y Tế yêu cầu người dân ở nhà trừ trường hợp có những nhu cầu thiết yếu.

Những người dân yếu hơn buộc phải ở nhà. Mọi người đều nên ở nhà trừ trường hợp đi mua thức ăn, chăm sóc cho người thân hoặc bạn bè, khám bệnh, hoặc đi thực thi một công việc thiết yếu.

Ra ngoài đi dạo vẫn ổn nếu bạn không đi chung với một nhóm.

Điều luật này có hiệu lực từ Ngày 7 Tháng 4.

Điều Luật này có thể sẽ gia hạn tùy thuộc vào khuyến nghị của các nhân viên y tế.

This will be updated as information becomes available.

Last updated: Wednesday, March 18, 2020 12:00pm

Why are we doing this?

This is a critical intervention to reduce harm from the spread of the coronavirus in our community. This is a mandatory order.

All Bay Area Health Officers observed quickly mounting cases and serious illnesses across the region.

Now is the time to do everything we can to prevent the situation from getting much worse in a matter of days or weeks. Every hour counts. We need and appreciate the cooperation of everyone who lives and works in San Francisco to act immediately.

While this news may feel alarming, it is a necessary step to prevent a worsening situation. The patterns of the virus around the world, and in our own state, tell us that moving right now to maximize social distancing and restrict people gathering is the best way to fight the virus and save lives.

If everyone works together, we should be able to adjust to the new rules over the next few weeks.

We know that there will be a lot of questions and concerns at the beginning of this new regimen. This is a major change being taken to protect public health. Please be patient and kind to one another. Together, we will get through this, and our community's health will be protected.

[See the full Health Order from the Department of Public Health.](#)

How long will we stay home?

This goes into effect on Tuesday, March 17, 2020. It is currently set to last for 3 weeks through Tuesday, April 7, 2020.

We want to be sure the Order is in place for only as long as necessary, and the Health Officer will be closely monitoring the situation every day in order to determine what adjustments make sense.

What can I do? What's open?

Essential City and county government services will be open. These include:

- Police stations
- Fire stations
- Hospitals, clinics and healthcare operations
- Jails
- Courts
- Garbage/sanitation
- Transportation (including Muni and BART)
- Utilities (water, power and gas)
- Certain city offices.



Use online services whenever possible.

These essential services will remain open:

- Gas stations
- Pharmacies
- Food: Grocery stores, farmers markets, food banks, convenience stores, take-out and delivery restaurants

- Hardware stores/plumbers
- Banks
- Community benefit organizations on a case-by-case basis
- Laundromats/laundry services

What's closed?

- Dine-in restaurants
- Bars and nightclubs
- Entertainment venues
- Gyms and fitness studios

What can't I do?

You cannot engage in group activities in person with others.

You cannot have dinner parties. You cannot invite friends over to your home to hang out.

You cannot go to bars or nightclubs.

You cannot go to a nail salon or get your hair cut by a stylist or barber.

You cannot go shopping for non-essential goods.

You cannot take unnecessary trips on public transport or in your car or motorbike.

Where does this apply?

This is in effect across the Bay Area, including in Marin, San Francisco, San Mateo, Santa Clara, Contra Costa, and Alameda Counties and the City of Berkeley.

Is this mandatory or is it just guidance?

It is mandatory. This Order is a legal Order issued under the authority of California law. You are required to comply, and it is a misdemeanor crime not to follow the order (although the intent is not for anyone to get into trouble).

It is critical for everyone to follow the Order to prevent the spread of COVID-19 and protect themselves, their loved ones, friends, neighbors and the whole community.

All persons, businesses, and other entities are required to comply if they do not fall within the exemptions that are specified in the Order.

Social distancing requirements

Avoid groups.

Stay at least 6 feet away from others.

Reduce the time you are around others outside the home, even when at least 6 feet away.

The best way to reduce their 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.

Keep 6 feet of distance between you and others in a line.

When that isn't possible for short periods, keep the duration short. Be sure when you are in line that you don't sneeze or cough onto people. If needed, cough or sneeze into your shirt or into an elbow with clothing on.

Transportation

Parking

We will not ticket or tow for:

- Going over 72-hour parking limits
- Not showing Residential Permit Parking (RPP) permits
- Parking in peak-hour towaway zones
- Street cleaning zone on cleaning day

Your car should not block access for emergency or cleaning vehicles.

We will ticket or tow your car if you are parked in:

- Expired parking meters
- Fire hydrant zones
- Red and yellow zones
- "No Stopping" zones
- "No Parking" zones
- Bike or transit lanes
- Driveways where you are blocking others
- Streets where you are blocking traffic (double parking)
- These parking rules impact health and safety.

Public transportation

Use public transportation for essential travel only.

Public transit will continue to operate on a limited basis. When using public transport, you should maintain at least 6 feet, 2 to 3 steps away, including if you are on the bus or on trains.

[See SFMTA for the latest information about bus schedules.](#)

Rideshare services

Rideshare services are permitted for essential travel only.

Take social distancing precautions: cover your mouth and nose if you cough or sneeze, use hand sanitizer, and wash your hands before and after rides, etc.

Rental cars

Rental car facilities at the airport and at other locations can stay open if they are used for essential travel and business only.

Rental car agencies must thoroughly clean cars between users. Use standard protocols for shared surfaces, including washing hands and using sanitizer before, during, and after use and also not touching their face.

Visiting friends and family

For your safety as well as their safety, we need to help each other fight the spread of COVID-19 by staying at home.

Care for elderly parents or friends or those who have disabilities

Be sure that you protect them and you by following social distancing guidelines:

- Keep at least 6 feet of distance when possible.
- Cough or sneeze into a tissue.
- Wash hands before and after or use hand sanitizer.

If you are in a vulnerable population, contact friends, family, or others you know who can provide support. They are permitted to pick up any of your needs.

Do not visit friends or family if there is no urgent need.

Shopping and deliveries

Getting food and medicine

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.

Businesses selling those items can remain open. Employees of those businesses can keep working to ensure those businesses are operating.

These include:

- Grocery stores
- Corner stores and convenience stores, including liquor stores that sell food,
- Farmers' markets,

- Food banks
- Farm and produce stands
- Supermarkets
- Similar food retail establishments
- Big box stores that sell groceries and essentials

We want people access to food wherever possible. These businesses are encouraged to stay home since they provide food and pet supplies to the public.

You can also travel to pick up [free food for children from schools throughout San Francisco](#).

Help retailers maintain at least 6 feet minimum distance between patrons, including by providing ample space while shopping and waiting in line.

Minimize unnecessary trips.

Stockpiling food, necessities, or medicines

Buy normal quantities of these items. This will ensure that there is enough for everyone. You will continue to be able to purchase these items whenever you need them, as stores selling necessary items like grocery stores, pharmacies, and hardware stores will remain open.

Online stores and delivery

Mail and other delivery services to your home can continue to function, as can food delivery services.

You can place more orders from online stores. Businesses that deliver goods or services directly to residences are essential businesses that may continue to operate.

Other shopping

You can shop for anything related to health care, office supplies, and hardware supplies.

Other businesses

Other essential businesses include:

- Hardware stores
- Laundry facilities
- Banks
- Cannabis dispensaries
- Funeral homes

Every time you make a trip, respect 6 feet of social distancing.

Holding group viewings, wakes, or memorial services is not permitted.

Order delivery whenever possible.

Pets

You can walk your dog. You can go to the vet or pet hospital if my pet is sick.

Remember to distance yourself at least 6 feet from other pets and owners.

Plumbing and household services

Plumbers, electricians, and exterminators may keep working and providing their services to the public.

You can also visit a hardware store to buy supplies for a DIY solution.

Health care

Do not go to the emergency room of a hospital unless you are having an actual emergency.

Routine, elective or non-urgent health needs

Non-essential medical care like eye exams, teeth cleaning, and elective procedures must be cancelled or rescheduled. If possible, health care visits should be done remotely.

Contact your health care provider to see what services they are providing. [See the Public Health Order C19-08 on March 17, 2020.](#)

If you are feeling sick, please first call your doctor, a nurse hotline, or an urgent care center.

Prescriptions and pharmacy trips

Drug stores and other medical supply stores are allowed to operate. When possible, have the drug store deliver your prescription medicine to your home.

Getting to my doctor or hospital

If possible, walk or drive yourself to healthcare. If someone else in your home is sick and can drop you off, that is another good option. Try to avoid exposing others to any germs you have, especially if you are seriously ill.

If you have Personal Protective Equipment (PPE) like a surgical mask or N-95 mask, wear that to prevent exposing others. If you don't have that, you could use a temporary method such as wrapping a clean scarf around your mouth and nose to try to reduce droplets when you cough and sneeze.

Although this is not an approved method, it is something you can do to avoid exposing others.

Health care settings

Visiting hospitals, nursing homes, skilled nursing facilities or residential care

Most visitors are not allowed in health care settings.

There are limited exceptions, such as if you are going to the hospital with a minor who is under 18 years old or someone who is developmentally disabled and needs assistance.

For most other situations, other existing Orders of the Health Officer addressing this emergency prohibit non-necessary visitation to these kinds of facilities. If you need to know more, please contact the facility you want to visit by phone before you leave.

This is difficult, but it is necessary to protect hospital staff and other patients.

Schools and childcare

All schools must stop holding classes at physical locations within San Francisco.

Schools may provide distance learning to their students.

Employees of schools may go to work for the purpose of providing distance learning to their students.

Schools can also continue to offer students free and reduced price lunches, which many schools are doing. [Find out about free meals from the San Francisco Unified School District.](#)

Childcare facilities may only operate if they comply with conditions of this Order as they relate to child care.

Children must be cared for in groups of 12 or fewer, groups of children may not mix with each other, and providers may not circulate between groups.

If you are an essential worker and you need childcare, see [the Department of Children, Youth and their Families](#) for information about free, emergency childcare.

Nannies

If the nanny provides medical or health care for the child, they may continue to come to work. If the nanny lives with you, then yes. Parents who are required to work away from home for essential services may need in-home child care, which is permitted.

Nannies who are not necessary for medical care are not permitted.

What to do with kids at home

You cannot take them to the playground or arrange playdates. Children are not able to maintain social distance, and even adults are prohibited from socializing with friends in this manner.

It is essential that we stop the spread of the virus by not having in-person social interactions.

Entertain your children with games, reading, puzzles, and TV/videos at home. Engage them in education using online tools.

Take them to trails and open parks.

Work

Unless your work is an essential function, you cannot go to work. You may have the virus and not know it. You might get it and risk infecting those you live with.

Many businesses are not permitted to operate under this Order.

Essential Businesses are allowed to operate.

Government employees

Government employees can continue to go to work if they are designated as essential employees by their employer.

Other government entities are responsible for determining which of its workers are essential workers.

Nonprofits

If nonprofits provide essential services as described in the order, they can and should continue providing those services. This includes those food pantries, housing for homeless residents, and other critical services.

Essential infrastructure organizations

You can continue to operate essential infrastructure organizations, including:

- water, sewer, gas, electrical
- roads and highways
- public transportation
- Internet
- telecommunications systems (including the provision of essential infrastructure for computing services, business infrastructure, communications, and web-based services)

Health care operations

Healthcare Operations are an essential business. This includes:

- hospitals, clinics, dentists, other healthcare facilities
- healthcare suppliers

- home healthcare services providers
- any related and/or ancillary healthcare services

This includes vet care and all healthcare services provided to animals.

It does not include fitness and exercise gyms and similar facilities.

Work from home

You can keep working from home as long as your employer permits it.

Places of worship

Stay home.

For your safety and the safety of your fellow worshippers, we need to help each other fight the spread of COVID-19 by staying at home. Places of worship can offer remote access to services, such as by emails, video streaming, or teleconference.

Staying active

Fitness and exercise gyms and similar facilities must be closed.

Stay outdoors and not in close contact with other people.

You can engage in certain activities outdoors. You should not play sports indoors or play team sports.

Sports that are permitted (as long as you keep at least 6 feet from anyone else and don't share equipment):

- yoga on your own (no sharing blocks or mats)
- running alone or with others with distance
- riding your bike (alone or with distance)
- walking (alone or with distance)
- stretching
- swimming in the ocean or in your own pool/hot tub

- shooting baskets by yourself, or hitting a tennis ball against a backboard

Not permitted:

- any team sports where there is any contact or where a ball or other equipment is touched by multiple people (soccer, baseball, basketball, Frisbee, etc.)
- swimming in a communal pool

Go outside

Spending time outside improves mood and wellbeing, and is particularly beneficial to children. Go for walks, go to the park, and engage in other similar activities.

Maintain social distance of 6 feet or more when on walks and in parks to avoid spread of the virus.

Air travel

You can travel in and out of only to perform essential activities, operate essential businesses, or to maintain essential governmental functions.

Otherwise, do not travel. Travel puts you and others in the community at risk.

Returning to the Bay Area

People currently on vacation can return home. Maintain social distancing on your way home. Then stay in your home for the duration of this order.

If you prefer to shelter in place at your current location, you are encouraged to follow these recommendations while outside San Francisco to protect yourself and others.

Leaving the Bay Area

Do not travel. The Order requires that you shelter in your place of residence.

If you leave the Bay Area for vacation or any other non-essential purpose, you may not be permitted to return to your residence.

Traveling runs the risk of spreading the virus to other areas and exposing new populations.

If you live outside of San Francisco but need to come here, you are allowed to travel to and from an essential business, like a medical appointment.

Returning to a home outside the Bay Area

If you are currently visiting the Bay Area, do your best to avoid spreading the risk of the virus.

If you have a car and can return home via travel, do so if you follow social distancing of at least 6 feet.

If you have a flight or other travel, check first to see if your carrier is still operating and what protocols they require.

If you need to stay longer, coordinate with your accommodations as best you can.

Shelter in place when you arrive at your destination to avoid infecting anyone else in your home community.

Operating a business

Essential businesses

Essential Businesses may stay open and their employees may leave home to go to work. Examples of Essential Businesses include:

- Healthcare organizations, such as hospitals, medical and mental health clinics, doctor offices, pharmacies, health care supply stores, and other health care facilities.
- Grocery stores, certified farmers' markets, farm and produce stands, supermarkets, food banks, convenience stores, and other store groceries.
- Food cultivation
- Gas stations and auto-supply, auto-repair, and related facilities.
- Banks and related financial institutions.
- Garbage and sanitation services and collection.

- Hardware stores, and plumbers, electricians, exterminators, and other service providers who provide services that are necessary to maintaining the safety and sanitation.
- Schools, for distance learning and providing meals.
- Laundromats and laundry service providers.
- Restaurants and other prepared food facilities, but only for delivery or carry out.
- Businesses that supply products needed for people to work from home;
- Businesses that supply other essential businesses with the support or supplies necessary to operate;
- Businesses that ship or deliver groceries, food, goods or services directly to residences;
- Airlines, taxis, and other private transportation providers providing transportation services necessary for Essential Activities and other purposes expressly authorized in this Order;
- Home-based care for seniors, adults, or children;
- Residential facilities and shelters for seniors, adults, and children;
- Professional services, such as legal or accounting services, when necessary to assist in compliance with legally mandated activities;
- Childcare facilities providing services that enable employees exempted in this Order to work as permitted, subject to certain conditions in the childcare section

Warehouses and distribution centers

Businesses that supply and ship goods to essential businesses may stay open.

Food facilities

Follow the best practices for allowable food facility operations included in [this Notice to Food Facilities—Novel Coronavirus \(COVID-19\)](#).

Non-essential businesses

If you run a non-essential business (like a clothing store), you and your employees are allowed to perform Minimum Basic Operations.

Minimum operations include:

- the minimum necessary activities to maintain the value of the business's inventory, ensure security, or for related functions.
- the minimum necessary activities to facilitate employees of the business being able to continue to work remotely from their residences.

Employees must maintain a distance of 6 feet from each other.

Construction

Most commercial construction projects are non-essential and must stop.

Essential infrastructure projects can continue. They include:

- Public works construction
- Construction of housing (in particular affordable housing or housing for individuals experiencing homelessness)
- Airport operations
- Water, sewer, gas, and electrical
- Oil refining
- Roads and highways
- Public transportation
- Solid waste collection and removal
- Internet and telecommunications systems (including the provision of essential global, national, and local infrastructure for computing services, business infrastructure, communications, and web-based services)

Enforcement

This is a legally enforceable order issued under California law. It is a crime to violate this Order, and you may be punished by a fine or imprisonment for doing so.