



## **FALL 2020 STUDENT INFORMED CONSENT & COVID-19 INFO. PACKET**

### **SECTION I: PARTICIPATION GUIDELINES / CONSENT TO PARTICIPATE/ AWARE OF INHERENT RISKS TO PARTICIPATE**

#### **PLEASE READ CAREFULLY**

- Potential risks associated with a virtual learning activity:** I understand and acknowledge that if I choose to voluntarily participate in a virtual learning activity, that there are potential risks associated with this learning activity, some of which may arise from (a) my assigned tasks and responsibilities, (b) the criminal, mental and social backgrounds of the individuals I will be working with or serving, (c) the amount of supervision I will receive, and (d) any virtual interactions encountered during the course of this learning activity via various digital platforms.
- Potential risks associated with an on-site (physical) learning activity:** In addition to the risks listed in #1 (a-d), I understand and acknowledge if I choose to voluntarily participate in an on-site physical learning activity there are more potential risks, some of which may raise from: (e) the location of the learning activity, (f) the mode of transportation to get to the learning activity, (g) the physical characteristics of the Learning Site, (h) the amount and type of criminal activity or hazardous materials at or near the location of the learning activity, (i) any travel associated with the learning activity, (j) the time of day when I will be present at the Learning Site, and (k) increased exposure to the novel Coronavirus Disease 2019 (COVID-19) and other public health risks. I will comply with all COVID-19 guidelines set forth by the [Centers for Disease Control and Prevention \(CDC\)](#), [the Division of Occupational Safety and Health \(Cal/OSHA\)](#), [SF Department of Public Health](#) and my Learning Site.
- If I choose to do an on-site (physical) placement (includes hybrid), I will complete the preventing COVID-19 and commit to prevention strategies training titled, "SFSU: Student Safety during the COVID-19 Pandemic". Although, this training has an on-campus in-person activities focus, the COVID-19 practices covered apply to any location outside the home. I will do this training **BEFORE** I begin my placement. My training can be viewed and completed on the [CSU Student Skillport](#) site. Once I complete the training, I will print a copy of my certificate of completion and email the certificate to my instructor. If I need assistance accessing my training, I can contact [icce@sfsu.edu](mailto:icce@sfsu.edu).
- I further understand and acknowledge that my safety and well-being are primarily dependent upon my acting responsibly to protect myself. I will (a) take initiatives to safeguard my identity by keeping my personal private contact (cell phone, email address, physical address, social media, etc.) and financial information confidential and private; (b) develop a safety network by familiarizing myself with helpful resources (e.g. police station, emergency numbers, etc.); (c) share my current emergency contact information with my site supervisor and course instructor that can be used in case of an emergency; (d) never download or opening any suspicious files or links; and (e) use virus scanning on my device(s) and frequently change my password(s).
- I have discussed the risks associated with this learning activity with my site supervisor at the Learning Placement site. Being aware of the risks inherent in this learning activity, I nonetheless voluntarily choose to participate in this learning activity. I understand that I may stop participating if I believe the risks become too great.
- While participating in this learning activity, I will (a) exhibit professional, ethical and appropriate behavior; (b) abide by the Learning Site's rules and standards of conduct, including wearing any required personal protective equipment; (c) participate in all required training; (d) complete all assigned tasks and responsibilities in a timely and efficient manner; (e) request assistance if I am unsure how to respond to a difficult or uncomfortable situation; (f) be punctual and notify the Learning Site if I believe I will be late or absent; and (g) respect the privacy of the Learning Site's clients.



- 7. While participating in this learning activity, I will not (a) report to the Learning Site under the influence of drugs or alcohol; (b) give or loan money or other personal belongings to a client; (c) make promises to a client I cannot keep; (d) give a client or representative a ride in my personal vehicle or drive a vehicle as part of my learning activity as opposed to and from the activity site; (e) engage in behavior that might be perceived as harassment of a client or Learning Site representative; (f) engage in behavior that might be perceived as discriminating against an individual on the basis of their age, race, gender, sexual orientation, mental capacity, or ethnicity; (g) engage in any type of business with clients during the term of my placement; (h) disclose without permission the Learning Site's proprietary information, records or confidential information concerning its clients; (i) post anything on social media without receiving the required permissions(s); or (j) enter into personal relationships with a client or Learning Site representative during the term of my placement. I understand that the Learning Site may dismiss me if I engage in any of these behaviors.
8. I agree to contact my course instructor and the University's Institute for Civic and Community Engagement (ICCE) Executive Director at (415) 338-6419 or icce@sfsu.edu if I believe I have been discriminated against, harassed, or injured while engaged in this learning activity.
9. I understand and acknowledge that neither the University nor the Learning Site assumes any financial responsibility in the event I am injured or become ill as a result of my participating in this learning activity. I understand that I am personally responsible for paying any costs I may incur for the treatment of any such injury or illness. I acknowledge that the University recommends that I carry health insurance.
10. I understand that I may request reasonable accommodations based on disability in order to receive access to the Learning Objectives indicated above for this Learning Site. I understand in order to request reasonable accommodations; I must contact the SF State Disability Programs and Resource Center (DPRC) at (415) 338-2472/VP (415) 335-7210 or dprc@sfsu.edu to facilitate this request. Further, I understand it is to my benefit to make this request as soon as possible and prior to the start of my placement; however, requests may be made at any time. SF State University is responsible for ensuring approved reasonable accommodations are available at my Learning Site. Learning Sites may directly provide reasonable accommodations with appropriate verification from the DPRC.

I have read, understand, and agree to comply with these guidelines.

Student Name (print): \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

During the current transitional period related to COVID-19, University Enterprise Risk Management will accept electronic signatures that are either typed or PDF signed and submitted via SF State student email (@mail.sfsu.edu). Students can submit their signed consent packet (pgs.1-4) to their course instructor and/or to ICCE (icce@sfsu.edu). Instructions how to digitally sign your consent form.

Parent/Guardian Name (Required ONLY IF student is under the age of 18):

\_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature (Required ONLY IF student is under the age of 18):

\_\_\_\_\_ Date: \_\_\_\_\_



SECTION II: RELEASE OF LIABILITY, PROMISE NOT TO SUE, ASSUMPTION OF RISK AND AGREEMENT TO PAY CLAIMS

Activity : \_\_\_\_\_

Activity Date(s) and Time(s): \_\_\_\_\_

Activity Location(s): \_\_\_\_\_

Course Title: \_\_\_\_\_

Course Instructor Name: \_\_\_\_\_

In consideration for being allowed to participate in this Activity, on behalf of myself and my next of kin, heirs and representatives, I release from all liability and promise not to sue the State of California, the Trustees of the California State University, San Francisco State University and their employees, officers, directors, volunteers and agents (collectively "University") from any and all claims including claims of the University's negligence, resulting in any physical or psychological injury (including paralysis and death), illness, damages, or economic or emotional loss I may suffer because of my participation in this Activity, including travel to, from and during the Activity.

I am voluntarily participating in this Activity. I am aware of the risks associated with traveling to/from and participating in this Activity, which include but are not limited to physical or psychological injury, pain, suffering, illness, disfigurement, temporary or permanent disability (including paralysis), economic or emotional loss, and/or death. I understand that these injuries or outcomes may arise from my own or other's actions, inaction, or negligence; conditions related to travel; or the condition of the Activity location(s). Nonetheless, I assume all related risks, both known or unknown to me, of my participation in this Activity, including travel to, from and during the Activity.

I agree to hold the University harmless from any and all claims, including attorney's fees or damage to my personal property that may occur as a result of my participation in this Activity, including travel to, from and during the Activity. If the University incurs any of these types of expenses, I agree to reimburse the University. If I need medical treatment, I agree to be financially responsible for any costs incurred as a result of such treatment. I am aware and understand that I should carry my own health insurance.

I am 18 years or older. I understand the legal consequences of signing this document, including (a) releasing the University from all liability, (b) promising not to sue the University, (c) and assuming all risks of participating in this Activity, including travel to, from and during the Activity.

I understand that this document is written to be as broad and inclusive as legally permitted by the state of California. I agree that if any portion is held invalid or unenforceable, I will continue to be bound by the remaining terms. I have read this document, and I am signing it freely. No other representations concerning the legal effect of this document have been made to me.

Student Name/Participant Signature: \_\_\_\_\_

Student/Participant Name (print): \_\_\_\_\_

Date: \_\_\_\_\_

During the current transitional period related to COVID-19, University Enterprise Risk Management will accept electronic signatures that are either typed or PDF signed and submitted via SF State student email (@mail.sfsu.edu). Students can submit their signed consent packet (pgs. 1-4) to their course instructor and/or to ICCE (icce@sfsu.edu). Instructions how to digitally sign your consent form.



*If Participant is under 18 years of age:*

I am the parent or legal guardian of the Participant. **I understand the legal consequences of signing this document, including (a) releasing the University from all liability on my and the Participant's behalf, (b) promising not to sue on my and the Participant's behalf, (c) and assuming all risks of the Participant's participation in this Activity, including travel to, from and during the Activity.** I allow Participant to participate in this Activity. I understand that I am responsible for the obligations and acts of Participant as described in this document. I agree to be bound by the terms of this document.

I have read this two-page document and I am signing it freely. No other representations concerning the legal effect of this document have been made to me.

\_\_\_\_\_  
Signature of Minor Participant's Parent/Guardian

\_\_\_\_\_  
Name of Minor Participant's Parent/Guardian

\_\_\_\_\_  
Date

**During the current transitional period related to COVID-19, University Enterprise Risk Management will accept electronic signatures that are either typed or PDF signed and submitted via SF State student email (@mail.sfsu.edu). Students can submit their signed consent packet (pgs. 1-4) to their course instructor and/or to ICCE (icce@sfsu.edu). [Instructions how to digitally sign your consent form.](#)**



---

## **ADDITIONAL INFO. FOR HEALTH & SAFETY & GUIDING PRINCIPLES TO REDUCE RISK: PARTICIPATING IN EXPERIENTIAL LEARNING DURING COVID-19**

---

We are committed to supporting your progress to degree and providing access to educational opportunities in order to maximize your learning experience. As we continue to live and learn during the COVID-19 pandemic, SF State has adopted some changes in order to prioritize community health and safety. For more information, view the [SF State Campus Plan](#) and [Safety and Welfare Strategies](#).

Thank you Gator, for helping other Gators stay healthy and well.

**Fall 2020 experiential learning guidelines recommend that you complete any non-clinical, academic internship and/or service learning activity virtually. Consider alternative options by working with your site supervisor and/or course instructor.**

Since this is a fluid situation, updated experiential learning guidelines for health & safety will be provided as appropriate on [ICCE's COVID-19: Internships & Service Learning webpage](#).

---

### **VIRTUAL SITE PLACEMENTS DURING COVID-19**

---

On-site placements may transition to virtual and/or hybrid should future circumstances change. In the case you are to report virtually, please take initiatives to safeguard your health and identity:

1. Keep all personal contact information private. Never share your personal cell phone number, email address, physical address, or social media contact information.
2. ONLY share current emergency contact information with your site supervisor and course instructor.
3. Stay informed by attending the orientations and completing the required trainings associated with your learning activity and/or site placement.
4. Be responsible for complying with the policies, procedures, expectations, and protocols associated with each site.
5. Never download or open any suspicious files or links. Always use virus scanning, keep your device(s) up to date and frequently change your password(s).

If any time you feel uncomfortable and/or harassed, immediately report any inappropriate situations to your learning site supervisor, course instructor, and/or ICCE. DO know that you can request an alternative service/internship site if you are not comfortable with your current site.

---

### **ON-SITE (PHYSICAL) SITE PLACEMENTS DURING COVID-19**

---

University guidelines recommend students complete all internships and service-learning experiences remotely, if possible. Consider alternatives to on-site (not virtual) placements by consulting with your course instructor and/or site supervisor. If you choose to participate in an on-site (in person, not virtual) placement for your internship and/or service learning experience, you are required to:

1. Check-in with your site supervisor
  - a. Confirm your authorization to work on-site
  - b. Ensure understanding of all general and COVID-19 guidelines and safety policies at the workplace
2. Check-in with your course instructor
  - a. Confirm that your site meets all course requirements to obtain credit



- b. Update your course instructor of your workplace's safety policies & guidelines and notify them of your shift days and hours
3. Complete the "[SFSU: Student Safety during the COVID-19 Pandemic](#)" training before you begin at your on-site placement. You will be asked for your SF State single sign-on credentials (student ID and password). Complete the training and print out a copy of your certificate of completion. Email the certificate to your instructor.
4. Confirm with your course instructor that you have completed all required preliminary steps and student documents, including providing your consent to participate, that are required to ensure your safety. If you need assistance, please contact ICCE.

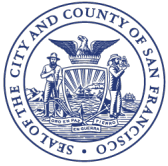
If any time you feel uncomfortable and/or harassed, immediately report any inappropriate situations to your learning site supervisor, course instructor, and/or ICCE. DO know that you can request an alternative service/internship site if you are not comfortable with your current site.

## **HOW TO FIND A TESTING SITE IN SAN FRANCISCO**

---

San Francisco is providing expanded COVID-19 testing for anyone who lives or works in the city. All essential workers can get tested regardless of symptoms. For anyone else, you must have at least one of the COVID-19 symptoms, such as fever or cough, or had recent contact with someone with COVID-19. Testing is free at various sites throughout the City. You do not need a doctor's note to schedule a test or need medical insurance to get tested. Appointments are required and can be made online or by phone. Results are available in 1 to 3 days.

Please visit <https://sf.gov/> for updated testing site information: <https://sf.gov/find-outabout-your-covid-19-testing-options>. City College of San Francisco (CCSF) has recently been added by the State of California as a testing site. Testing at the CCSF testing site is free and nearby for SF State students. If you have health insurance, please schedule an appointment with your insurance provider.



# San Francisco Department of Public Health

## Tip Sheet for Safer Social Interactions During COVID-19 Pandemic

Updated June 13, 2020

The San Francisco Department of Public Health cares about you and we want you to take care of yourself, your family, and your community with regard to COVID-19.

The best way to reduce the risk of getting or spreading the disease is to **STAY HOME**. At the same time, avoiding social isolation and supporting physical and mental health during a prolonged pandemic are also important for your health. As of June 15, outdoor dining and small outdoor gatherings are permitted while maintaining 6 feet social distance and face covering with some exceptions. See more details in Health Officer Directive No. 2020-16 and No. 2020-19 at [www.sfdph.org/directives](http://www.sfdph.org/directives).

Keep in mind while participating in allowed social interactions among people who are from different households, the more you expose yourself to different groups of people, the more likely you are to get exposed to the COVID-19 virus and spread it. Think of all the people you choose to interact with and all the people they're interacting with at home, work, school, and socially. We strongly encourage everyone to try not to interact with too many different people. To the extent possible, **keep the number of people and households you interact with small and stable**.

This tip sheet gives you information and resources to help you stay safe while also supporting your mental and physical well-being. Before having social interactions, assess the risks and benefits.

### Assess Risk and Benefit



#### Your risk and the risk of those close to you

Think about yourself, those in your household, and those you work with. Is anyone over age 60 or have chronic medical conditions? See [sfcdcp.org/vulnerable](http://sfcdcp.org/vulnerable)



#### The risk of who you are about to see

Take the most precautions possible for those who are over age 60 or have chronic medical conditions. See [sfcdcp.org/vulnerable](http://sfcdcp.org/vulnerable)



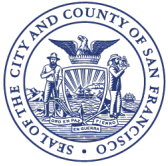
#### The benefit of the interaction

How much does the social event mean to you?



#### How much COVID-19 is in the community?

Are cases decreasing, stable, or increasing? [San Francisco COVID-19 Data Tracker, data.sfgov.org](http://San Francisco COVID-19 Data Tracker, data.sfgov.org)



# San Francisco Department of Public Health

## Risk of social interactions with people outside your household:

Outdoor, staying 6 feet apart with face covering <b>on</b>	Outdoor, within 6 feet and/or with face covering <b>off</b>	Indoor staying 6 feet apart with face covering <b>on</b>	Indoor, within 6 feet and/or with face covering <b>off</b>
Permitted. When gathering with people outside of your household, group must be 12 or fewer people.	Permitted for Meal Gatherings. Limit of 6 total people if meal involves those outside of your household.	Not permitted unless everyone is part of the same household.	Not permitted unless everyone is part of the same household.

Lower Risk

Higher Risk



## Safer Social Interactions

Protecting your mental health and social wellbeing are important while trying to stick to sheltering in place. Some ways to do this include:

- Connect with people by phone or virtually through FaceTime, Zoom, What's App, etc.
- Take advantage of outdoor activities while maintaining 6 feet of social distancing and wearing a face covering

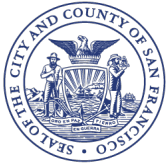
## Safer Outdoor Interactions

**If you are feeling unwell or sick, stay home.**

Make a plan on how to socially interact with these best practices in mind:

- Outdoor activities that maintain 6 feet of social distancing while wearing face masks are safest.
- The smaller the group and the fewer the households involved, the better.
- Try not to interact with too many different people. **To the extent possible, keep the number of people and households you interact with small and stable.**
- Wash your hands or use hand sanitizer before you leave home and upon arrival to seeing someone outside your household.
- Consider how you will get to and from a proposed interaction. Walking, biking, or driving in a single car would minimize your exposure to others. If using public transit, maintain 6 feet of distance from others to the extent possible, keep your face covering on, and wash your hands or use hand sanitizer as soon as possible when you arrive.
- Try alternatives to shaking hands or other physical contact, like a wave, head nod, or welcome dance.





## San Francisco Department of Public Health

- Always wear a face covering when interacting with anyone outside your household.
- Do not share items including food, drinks, or utensils to the extent possible. Bring wipes to disinfect anything that might be shared.
- Do not share toys, bats, or balls or any objects that are passed back and forth to the extent possible. If unavoidable, use disinfection wipes, and wipe objects down between uses.
- Higher vocal tasks, such as shouting and singing should be avoided. Studies have shown that projecting your voice like when singing or shouting can spread more virus. Choral singing can be especially risky. For example, the Mount Vernon choir in Washington [had a COVID-19 outbreak](#) after a choir practice where 87% of the group developed COVID-19, resulting in two deaths. Consider listening to recorded music, having a live musician playing instruments, etc. in places of worship when they open.
- Wash your hands immediately when you return home and wipe down your phone and keys.
- Try to remember who you interact with especially when you have higher risk exposures. Higher risk exposures are those where you were within 6 feet of someone outside your household for more than 10 minutes or when either of your faces were not covered. This can help trace the spread of infection if you or someone you interact with contracts COVID-19. **To the extent possible, keep the number of people you have higher risk exposures to small and stable.**

### General best practices:

- Wash hands often with soap and water for at least 20 seconds or use an alcohol based sanitizer.
- Avoid touching your face with unwashed hands.
- Sneeze and cough into your elbow while your face covering is on.
- Clean and disinfect frequently touched surfaces daily. If surfaces are dirty, clean them using detergent or soap and water prior to disinfection.
- Wipe keys, door handles, handrails, and other regularly touched surfaces.

## Safer Indoor Interactions

Indoor social interactions are much riskier and [indoor gatherings with people outside of your household are not permitted under the current Health Order](#). If you must meet indoors, **follow all the tips above** in addition to the ones below:

- Sanitize your hands upon arrival with an alcohol-based hand sanitizer.
- Make sure you are in a well ventilated area, preferably with open windows.
- Face coverings should **always** be worn.
- Minimize contact with surface areas and have cleaning supplies nearby so that areas can be wiped down frequently.
- Bring your own food for you and your household to the extent possible.



## San Francisco Department of Public Health

- Have dedicated utensils and glasses per person to the extent possible.
- Make a plan to avoid using others' bathrooms, if possible. If the bathroom must be used have disinfecting wipes to wipe down handles, door knobs, sinks, etc.

### What To Do If You Feel Ill

#### Cover your face, test early, and trace!

If you have any **one** of the following symptoms that is new and not otherwise explained, get tested for COVID-19.

- Fever, Chills, or Repeated Shaking/ Shivering
- Cough
- Sore Throat
- Shortness of Breath, Difficulty Breathing
- Feeling Unusually Weak or Fatigued
- New Loss of Taste or Smell
- Muscle pain
- Headache
- Runny or congested nose
- Diarrhea

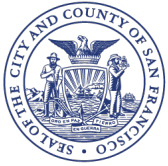
To get tested:

- Contact your healthcare provider; or
- Sign up for free testing at CityTestSF [sf.gov/citytestsf](https://sf.gov/citytestsf); or
- If you live outside of San Francisco, you can check with the county where you live for other testing options.

Follow [Guidance for Isolation & Quarantine](https://www.sfgdp.org/Isolation-Quarantine-Packet) at [www.sfgdp.org/Isolation-Quarantine-Packet](https://www.sfgdp.org/Isolation-Quarantine-Packet).

What else can the community do to prevent COVID-19 transmission?

- One way we can all work together is to make sure people know when they may have been exposed. **“Contact tracing”** is critical to preventing further transmission of COVID-19. The San Francisco Department of Public Health, in partnership with community, helps identify those who have had close contact with all people who have COVID-19. We do this whenever there is an outbreak of infectious diseases like measles, tuberculosis, and others to protect the community's health.
- If you take a test and the result is positive, a trained public health worker will reach out to you by phone or text. They check to see how you are doing, make sure you have what you need to isolate at home, and take a history of the places you've been and the people that you may been in contact with. This is why it is important for you to be mindful of who you interact with and to decrease the number of people with whom you interact.
- Find out more at <https://covid19.ca.gov/contact-tracing/>



## San Francisco Department of Public Health

### Frequently Asked Questions

#### **Does the SFDPH say we can leave our homes and have social interactions?**

While sheltering in place is still the best way to protect yourself, your family, and your community, exposure to the outdoors is good for your health. When planning outdoor activity, you may want to plan a safe social interaction to help your mental health and reduce social isolation. As of June 15, outdoor dining and small outdoor gatherings are permitted while maintaining 6 feet social distance and face covering with some exceptions. See more details in Health Officer Directive No. 2020-19 and No. 2020-16 at [www.sfdph.org/directives](http://www.sfdph.org/directives).

#### **Are we allowed to meet in our local park for a picnic and toss a Frisbee or football?**

Parks are a great way to get exposure to the outdoors, which is good for your health. You can have a picnic with a friend or a very small and consistent group of friends by staying 6 feet apart and without sharing food or drinks. As of June 15, gatherings of up to 12 people who are not all in the same household are permitted as long as people remain 6 feet apart with face coverings on. Getting exercise is good. However, passing an object, like a Frisbee or football, back and forth or sharing food is not safe during this pandemic. Maybe you and a friend might want to do something else - six feet apart but together. Dancing is a great way to exercise and blow off some stress.

#### **My young children are going crazy and they need to have a playdate. How can we do one safely?**

Although most children get no or mild symptoms when they have COVID-19, some children are at higher risk. For some families, children with health conditions or disabilities may be feeling an intense need for social interactions. Making decisions about risk can be complicated. If you decide to have social interactions outside your household, see the tips above. Outdoor playdates where the adults stay 6 feet apart with face coverings on are safest. Do not share food. To the extent possible, try not to share toys. To the extent possible, keep the children and households you interact with small and stable. If you do, sanitize hands before they play. After play, wipe down toys and sanitize hands before returning home. If you are feeling overwhelmed, reach out to others and let them know. The San Francisco Human Services Agency has a 24-hour Crisis Line For Parents at (415) 441-5437. Learn more about resources at <https://www.sfhhsa.org>.

#### **I need to check on a grandparent and my young child won't/can't wear a mask. What can we do to have a safe visit?**

Sheltering in place is very important for people in high risk groups, such as older adults over the age of 60. Isolation is also a serious issue for older adults. Consider all the different ways that you can check on someone safely first, such as more frequent phone calls or, if possible, virtual visits. If you feel like a wellness check or social visit is necessary, be particularly mindful of the tips above. Limit the number of people you interact with to limit your potential of inadvertently exposing the grandparent to COVID-19. Stay outside, 6 feet apart, and with face coverings on to the extent possible (for those older than 2). Encourage your children to stay 6 feet apart especially when interacting with higher risk groups. See [www.sfcddp.org/vulnerable](http://www.sfcddp.org/vulnerable)

#### **I am over 60 and miss my grandkids who live nearby. What can I do?**

See above. Family and meaningful connection are important to your health. Stay outside, 6 feet apart, and encourage others to keep their face coverings on to the extent possible. Wear your face covering as



## San Francisco Department of Public Health

well. Wash your hands or use hand sanitizer frequently, particularly when contact with others or surfaces they have touched occurs inadvertently.

**Can I host a socially distant birthday party outdoors?** When groups get together, the risks to everyone in the group goes up, as well as all the people that they work with and come in contact with. Consider a small outdoor get-together with 1-2 other households you choose to interact regularly with while remaining 6 feet apart and with face coverings. As of June 15, gatherings of up to 12 people who are not all in the same household are permitted as long as people remain 6 feet apart with face coverings on. Consider a “porch” party where the guests come by at different times to celebrate with you from 6 feet distance. Play music and blow kisses and wave and cheer another year of life!

**Someone I met up with tested positive for COVID-19. We haven’t touched and have only met outdoors, what is the risk and what should I do next?** We are learning more about COVID-19 each week. At the current time, there is minimal risk to outdoor, no-contact interactions where people are six feet apart at all times with their faces covered, and no food or objects are shared. If you think you spent more than 10 minutes within 6 feet of that person while THEY were not masked, then you should quarantine for 14 days. See [Guidance for Isolation & Quarantine](http://www.sfgdcp.org/Isolation-Quarantine-Packet) at [www.sfgdcp.org/Isolation-Quarantine-Packet](http://www.sfgdcp.org/Isolation-Quarantine-Packet). If you develop any symptoms of illness, call your healthcare provider, get tested and isolate according to the instructions in [Guidance for Isolation & Quarantine](http://www.sfgdcp.org/Isolation-Quarantine-Packet) at [www.sfgdcp.org/Isolation-Quarantine-Packet](http://www.sfgdcp.org/Isolation-Quarantine-Packet).

### **Can I have a dinner party with friends at my house or in my backyard?**

As mentioned above, indoor gatherings with people outside of your household are not permitted under the current Health Order.

Outdoor interactions are much safer. Sharing food and utensils is a risk. To the extent possible, avoid sharing food, utensils, or other items. Bring your own food and dishware, stay outdoors and 6 feet apart with face coverings on. Make a plan to avoid using others’ bathrooms, if possible. If the bathroom must be used have disinfecting wipes to wipe down handles, door knobs, sinks, etc.

### **What if I’m feeling a bit sick-ish but I’m not sure if it is really something or not - is it still okay to meet up outdoors with a friend or two?**

If you feel at all unwell, stay home, for yourself and others. See “What To Do If You Feel Ill” above. Call your healthcare provider and get tested. Staying home when you might be sick saves lives.

### **It’s a beautiful, warm summer day and my family is tired of going to the park to picnic. We’re planning to meet friends and their children for lunch at a restaurant. Is this allowed?**

As of June 12, San Franciscans are now allowed to dine at restaurants but it must be outdoors. SFDPH strongly encourages that only individuals in the same household sit together in an outdoor dining setting. If you choose to dine outdoors with people outside your household, try to do so with a small and stable group of friends/family members outside your household.

When people in different households get together, the risks to everyone in the group goes up. The risk is higher when people interact closer than 6 feet and are not wearing face coverings which would occur over a shared meal. Keep in mind no more than 6 people can be seated at a single table unless all



## San Francisco Department of Public Health

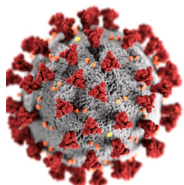
members are of the same household. However, **members of different households should remain 6 feet apart and continue to wear their face covering** until seated at the table or any time you leave the table, such as to use the restroom. To the extent possible, avoid sharing food, utensils, or other items. Wash your hands or sanitize your hands upon arrival with an alcohol-based hand sanitizer.

### Resources

Useful COVID-19 resources to keep checking:

- [San Francisco Department of Public Health \(SFDPH\) COVID-19 Guidance: www.sfdcp.org/covid19](https://www.sfdcp.org/covid19)
- [City and County of San Francisco COVID-19 Information: sf.gov/coronavirus](https://sf.gov/coronavirus)
- [State of California Resilience Roadmap: https://covid19.ca.gov/roadmap/](https://covid19.ca.gov/roadmap/)
- [California Connected – Contact Tracing: https://covid19.ca.gov/contact-tracing/](https://covid19.ca.gov/contact-tracing/)
- [CDC Deciding to Go Out: https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/activities.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/activities.html)

# What you should know about COVID-19 to protect yourself and others



## Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



## Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



## Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a mask that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



## Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



## Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



## Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.

