

**SF Implements New Travel Order**

SF Department of Public Health issued a new travel order, which became effective on December 18. It requires anyone traveling, moving, or returning to San Francisco from outside the 10-county Bay Area to quarantine for 10 days to limit the spread of the coronavirus. Some limited exemptions apply. It also strongly discourages any non-essential travel within that Bay Area region.

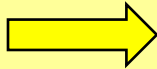

**Who is required to quarantine?** Anyone who in the 10 days before arriving in San Francisco spent any time outside of the 10 Bay Area counties and stays in San Francisco for at least 24 hours, including returning residents, people moving to the City, and visitors, unless specifically exempted by the health order. There are exemptions for medical professionals, first responders, official government purposes, essential infrastructure work, and others, including any travel required by a court order, like transferring custody of children.

For more information, go to: <https://www.sfdph.org/dph/alerts/coronavirus-FAQ.asp>

**Risk of Social Interactions with People Outside Your Household  
(from less risk to higher risk)**

From the SF Department of Public Health: <https://www.sfdph.org/dph/files/ig/COVID-19-Tips-Safer-Social-Interactions.pdf>

According to the SF Department of Public Health any of the below interactions are subject to the Gathering Restrictions. Although the below interactions may or may not be permitted, all interactions during a pandemic carry risk.

Outdoors, staying 6 feet apart with <b>face coverings on at all times</b>	Outdoor, within 6 feet and/or with <b>face covering off</b>	Indoor staying 6 feet apart with <b>face covering on</b>	Indoor, within 6 feet and/or with <b>face covering off</b>
<b>ENCOURAGED</b> if you must interact with people outside of your household during our time of rapidly spreading infections	<b>DISCOURAGED</b> unless everyone is part of the same household	<b>DISCOURAGED</b> unless everyone is part of the same household	<b>STRONGLY DISCOURAGED</b> unless everyone is part of the same household
<b>Lower Risk</b>			<b>Higher Risk</b>

**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 solo outdoor activities while keeping 6 feet of social distancing from others and wearing a face covering