

## Coronavirus Disease 2019 Information



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## Closures and Restrictions on Gatherings

The Public Health Officer issued an order for San Diego County to prevent the spread of the new coronavirus disease, or COVID-19. It started March 17 and runs through March 31. The order was updated with additional restrictions starting March 19. The order could get updated again or extended.

**Combined health officer orders with addendums** (PDF)

- People can't gather in groups of 10 or more people (50 through March 18). If you can, don't gather in groups of any size.
- Practice social distancing. Keep at least six feet away from other people unless they're family.
- If you're 65 or older, you should stay home.
- If you have a chronic health condition, or if you are immunocompromised, you should stay home.
- Businesses must also practice social distancing and encourage employees to work from home if possible. They must also suspend requiring employees to provide doctors' permission to stay home.

## Are there exceptions to these rules?

Yes. Businesses and activities exempt at this point:

- Airport operations and public transportation like trolleys, trains and buses may have more than 10 people but they need to be six feet apart.

- Emergency shelters taking proper precautions to avoid the spread of COVID-19.
- Government buildings, hospitals, law enforcement facilities and other essential services and other gatherings for public health and safety taking social distancing measures.

## What's been closed?

- Bars and businesses that only serve alcohol and not food.
- Restaurants — and businesses that serve food — must close their dining areas. They can offer food to go.
- All public and private schools, colleges and universities. Parents of minor children must take steps to keep them at home or practice social distancing.
- Gyms and fitness centers (effective March 19)

Businesses that stay open must use social distancing.

## Child care

Child care facilities need to operate in the following way, starting March 19:

- Groups of children are limited to 10, and they have to be the same children each day.
- If there is more than one group at a facility, they need to be in separate rooms.
- Children cannot move from group to group.
- The groups cannot mix. The providers must stay with one group.

## What other precautions are being taken?

- No one is allowed into a hospital or long-term care facility unless you are a doctor, nurse, care-giver or worker essential to that health care site.  
Or, if you have permission from the hospital or facility's director because you're visiting a friend or family member who is dying, a parent of a hospitalized child, or for any other reason deemed appropriate by the director.
- Anyone arriving in the U.S. from countries on the **CDC's level 3 travel advisory** needs to self-quarantine at home for 14 days and monitor themselves for signs of illness. Check the CDC's **travel advisory page** for current affected countries.

## Why are we doing this?

The goal is to "flatten the curve." That means to keep people from getting sick all at once. We can slow a virus' ability to infect people by keeping them apart.

When a new virus like novel coronavirus appears, faster spread means higher demand on the health care system. The increase can overwhelm the health care system and make it harder to take care of all sick people.

However, if people stay away from each other by staying at home and practicing social-distancing, the virus cannot infect as many people as fast.

