



Department of Public Health

MAYOR

Dee Margo

Current guidance for individuals exposed to people with known or suspected COVID-19 (Revised 9/15/2020)

CITY COUNCIL

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District 2

Alexandra Annello

District 3

Cassandra Hernandez

District 4

Dr. Sam Morgan

District 5

Isabel Salcido

District 6

Claudia L. Rodriguez

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Cissy Lizarraga

CITY MANAGER

Tommy Gonzalez

Person	Exposure to	Recommended Precautions for the Public
Individual who has had close contact (< 6 feet) ** for ≥ 15min*** (High- risk)	- Person with COVID-19 who has symptoms (in the period of 48hrs before onset of symptom) - Person who has tested positive for COVID-19 (laboratory confirmed) but has not had any symptoms (in the 48hrs before the date of specimen collection)	<u>Home Quarantine.</u> Stay home until 14 days after last exposure and maintain social distance (at least 6 feet) from others at all times. - Self-monitor for symptoms⁺ - Check temperature twice a day - Watch for fever*, cough, or shortness of breath, or other symptoms⁺ of COVID-19 - Avoid contact with people at higher risk for severe illness from COVID-19
Individual who has had close contact (< 6 feet) ** for < 15 min*** (Low-Risk)	- Person with COVID-19 who has symptoms (in the period of 48hrs before symptom onset) - Person who has tested positive for COVID-19 (laboratory confirmed) but has not had any symptoms (in the 48hrs before the date of specimen collection)	<u>No restrictions,</u> but should practice social distancing and other personal prevention strategies. - Be alert for symptoms⁺ - Watch for fever*, cough, or shortness of breath, or other symptoms of COVID-19

Angela Mora – Interim Public Health Director

Department of Public Health | 5115 El Paso Dr. | El Paso, TX 79905

O: (915) 212-6564 | Email: Angela.Mora@elpasotexas.gov



DELIVERING EXCEPTIONAL SERVICES



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* For the purpose of this guidance, fever is defined as subjective fever (feeling feverish) or a measured temperature of 100.4°F (38°C) or higher. Note that fever may be intermittent or may not be present in some people, such as those who are elderly, immunocompromised, or taking certain fever-reducing medications (e.g., nonsteroidal anti-inflammatory drugs [NSAIDs]).

** Data to inform the definition of close contact are limited. Factors to consider when defining close contact include proximity, the duration of exposure (e.g., longer exposure time likely increases exposure risk), and whether the exposure was to a person with symptoms (e.g., coughing likely increases exposure risk).

*** Data are insufficient to precisely define the duration of time that constitutes a prolonged exposure. Recommendations vary on the length of time of exposure, but 15 minutes of close exposure can be used as an operational definition. Brief interactions are less likely to result in transmission; however, symptoms and the type of interaction (e.g., did the infected person cough directly into the face of the exposed individual) remain important.

+ Symptoms:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

References:

<https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

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