



Department of Public Health

MAYOR
Dee Margo

Current guidance for individuals exposed in the community to people with known or suspected COVID-19 (Revised 10/2/2020)

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District 3
Cassandra Hernandez

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CITY MANAGER
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The following guidance assumes that all individuals are wearing face masks or face coverings as mandated by local directive for the city and county El Paso, TX. This guidance is based on proximity and duration of contact and is irrespective of whether the person with COVID-19 or the contact was wearing a mask or whether the contact was wearing respiratory personal protective equipment (PPE)

Person	Exposure to	Recommended Precautions for the Public
<p>Individual who has had close contact (< 6 feet) ** for ≥ 15min***</p> <p>(High- risk)</p>	<ul style="list-style-type: none"> • Person with COVID-19 who has symptoms (infectious period of 48hrs before onset of symptom, until end of home isolation period) • Person who has tested positive for COVID-19 (laboratory confirmed) but has not had any symptoms or asymptomatic (exposure within the 48hrs before the date of specimen collection until end of home isolation period) 	<p><u>Home Quarantine.</u></p> <p>Stay home until 14 days after last exposure and maintain social distance (at least 6 feet) from others at all times.</p> <ul style="list-style-type: none"> • 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
<p>Individual who has had contact (< 6 feet) ** for < 15 min*** or (> 6 feet) for > 15 min***</p> <p>(Low-Risk)</p>	<ul style="list-style-type: none"> • 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) 	<p><u>No restrictions,</u> but should practice social distancing and other personal prevention strategies.</p> <ul style="list-style-type: none"> • Be alert for symptoms⁺ • Watch for fever*, cough, or shortness of breath, or other symptoms of COVID-19

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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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