



Department of Public Health



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Tommy Gonzalez

ISOLATION AND QUARANTINE GUIDELINES FOR INDIVIDUALS

El Paso, Texas

(UPDATED 07/13/2022)

This Guidance supersedes the “Isolation and Quarantine Guidelines for Individuals” issued August 3, 2021.

The City of El Paso Department of Public Health (DPH) is updating the Isolation and Quarantine guidelines for the City and County of El Paso, Texas in alignment with the Centers for Disease Control (CDC) recommendations for isolation and quarantine and considering available evidence-based public health interventions to reduce infection and spread of COVID-19 in our community.

ISOLATION

Isolation is intended to separate those individuals who are sick with COVID-19 from those without COVID-19.

Individuals who have symptoms and test positive for COVID-19, regardless of vaccination status, should isolate for a minimum of **5 days** and may end isolation if:

- At least 1 day (24 hours) has passed WITHOUT fever and the use of fever-reducing medications; **AND**
- Has shown improvement in symptoms.

If those individuals who are sick with COVID-19 continue to have fever or the other symptoms have not improved after 5 days of isolation, they need to continue in isolation and should wait to end isolation until they meet the above criteria.

After the end of the 5-day isolation period, individuals should continue to wear a well-fitting mask around others at home and in public for 5 additional days (day 6 through day 10). Individuals who are unable to wear a mask when around others, should continue to isolate themselves for a full 10 days.

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Individuals who have **NO** symptoms but test positive for COVID-19 and have not been sick with COVID-19 within the last 90 days, should isolate for a minimum of **5-days** from the date of the first positive specimen collected.

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Individuals who are sick with COVID-19 should avoid traveling, avoid being around people who have a weakened immune system or are more likely to develop severe illness from COVID-19, and avoid visiting nursing homes and other high-risk settings, until a minimum of 10 days have passed since the onset of symptoms or positive test if asymptomatic.

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Avoid going to places where you are unable to wear a mask, such as restaurants and some gyms, and avoid eating around others at home and at work until a full 10 days have passed since your first day of symptoms or date of the first positive test if asymptomatic.

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Individuals who develop moderate or severe disease (those who require hospitalization) or are severely immunocompromised, regardless of immunization status, should isolate for a minimum of 10 days and up to 20 days from the date of onset of symptoms and may end isolation following the 10 days if:

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- At least 1 day (24 hours) has passed **WITHOUT** fever and the use of fever-reducing medications; **AND**
- Has shown improvement in symptoms.

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An individual who has a **severe immunocompromising condition** and tests positive for COVID-19 and has **NO** symptoms should isolate for a minimum of **10 days** from the date of the first positive specimen collected.

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QUARANTINE

The purpose of quarantine is to physically separate an individual exposed to COVID-19 from others that are currently healthy, thereby avoiding further spread of the virus among susceptible individuals.

Individuals not up-to-date (unvaccinated or missing doses) with COVID-19 vaccination should quarantine for a minimum of **5 days** after high-risk exposure and

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should monitor for COVID-19 signs and symptoms and wear a well-fitting mask for a total of 10 days.

While in quarantine, stay home and away from other people for a minimum of 5 days (day 0 through day 5) following your last date of contact with a person who tested positive for COVID-19. The date of your exposure is considered day 0. Wear a well-fitting mask when around others at home, if possible. For the next 10 days following your last close contact with someone with COVID-19, watch for fever (100.4°F or greater), cough, shortness of breath, or other COVID-19 symptoms.

Individuals who are in quarantine should avoid: traveling, being around people who have weakened immune systems or are more likely to get very sick from COVID-19, or visiting nursing homes and other high-risk settings, until after at least 10 days from the last contact with someone sick with COVID-19.

The purpose of testing is to evaluate for infection on exposed asymptomatic individuals must be done between 3-5 days post-exposure; however, if symptoms appear, they should test at the onset of symptoms and isolate.

Asymptomatic:

If the test is **negative**, then complete 5 days of quarantine.

If the test is **positive**, then isolate for at least 5 days from the date of your positive test (Isolation Protocol)

Individuals who are unable to test and remain asymptomatic should quarantine for a minimum of 5 days to end quarantine. Wear a well-fitting mask for 10 days after your date of last close contact when around others at home and in public.

Symptomatic:

Individuals who are symptomatic should get tested at onset of symptoms. If the test is **negative**, then it is recommended to take a second test 24-48 hrs later and remain home until symptoms improve.

If the test is **positive**, then isolate for a minimum of 5 days from the from onset of symptoms (Isolation Protocol)

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In the event that separation of quarantined individuals is not feasible, those individuals who are quarantined together should take steps to prevent the spread of infection within the household. Mitigating strategies to prevent the spread of infection include correct and consistent use of masks or face coverings, appropriate distancing, proper hygiene, environmental cleaning and disinfection, adequate ventilation, and self-monitoring for symptoms of COVID-19 illness.

EXCEPTIONS TO QUARANTINE AFTER EXPOSURE:

- Individuals who have previously been infected with COVID-19 within the last 90 days, are not required to quarantine after the high-risk exposure, but should wear a well-fitting mask and should monitor for symptoms for the following 10 days.
- Vaccinated individuals Up-to-date with COVID-19 vaccination to including boosters are not required to quarantine after high-risk exposure, but should wear a well-fitting mask and should monitor for symptoms for the following 10 days.

For those individuals that are not required to quarantine after an exposure, whether because they are up-to-date with COVID-19 vaccine or have been previously infected within the last 90 days, it is recommended to get tested 3-5 days after a high-risk exposure if asymptomatic, or at any point, if symptoms develop within 10 days of the exposure with an approved COVID-19 test.

An individual who is determined to be “Up-to-date” with the COVID-19 vaccine are those individuals who, at the time of high-risk exposure, at least 2 weeks have passed following receipt of the second dose in a 2-dose series of an FDA-approved vaccine, or at least 2 weeks have passed following receipt of one dose of a single dose of an FDA-approved vaccine and have received all recommended booster doses.

References:

1. <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>
2. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>
3. <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation-background.html>

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