



# Department of Public Health

## MAYOR

Dee Margo

## CITY COUNCIL

### District 1

Peter Svarzbein

### District 2

Alexsandra Annelo

### District 3

Cassandra Hernandez

### District 4

Dr. Sam Morgan

### District 5

Isabel Salcido

### District 6

Claudia L. Rodriguez

### District 7

Henry Rivera

### District 8

Cissy Lizarraga

## CITY MANAGER

Tommy Gonzalez

## GUIDANCE FOR 2020 THANKSGIVING HOLIDAY

The annual Thanksgiving Holiday traditionally involves gathering with family and friends to celebrate and be thankful for the many things accomplished and experienced during the year. Unfortunately, the COVID-19 pandemic we continue to experience in 2020 has changed the way we celebrate holidays, including Thanksgiving and the upcoming Christmas, Hanukah, Kwanza, and other winter holidays, due to the high-risk for spreading and infecting our loved ones, and others, with COVID-19.

Currently, El Paso is experiencing a large surge of positive cases, hospitalizations and deaths. The DPH would like for all residents to have a safe and healthy Thanksgiving Holiday. The solution to the current situation is within our reach if we all follow all established health protocols when out in public: Wear face covering, observe social distance and physical distance, practice good and frequent handwashing, avoid touching own face, and if sick, please do not go out and stay home.

The safest way to celebrate Thanksgiving this year is to celebrate only with people in your household. If you do plan to spend Thanksgiving with people outside your household, take steps necessary to make your celebration safer.

The City of El Paso Department of Public Health (DPH) is issuing the following recommendations to be observed as a measure to promote a safe Thanksgiving Holiday for everyone:

- **Do not gather.** Even relatives that do not live in the same household could potentially infect many other family members through gatherings, large or small.
- Any member of a household that tests positive should isolate in a separate “sick room” and if leaving the room, must wear a face covering, wash hands frequently, and stay away from others.
- Members of a household that include someone who tested positive should remain under quarantine for 14 days to avoid exposing other families.
- Any household member that is awaiting test results should remain in quarantine along with the rest of the household.
- Anyone who exhibits symptoms of COVID-19 should get tested, self-quarantine and **DO NOT** gather.
- Avoid travel, including Ciudad Juarez, unless absolutely necessary.

**Angela Mora – Public Health Director**

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

O: (915) 212-6502 | <http://www.elpasotexas.gov/public-health>



DELIVERING EXCEPTIONAL SERVICES



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- Avoid shopping in-person; use online services that include curbside pick-up or free delivery.
- Assist a loved one with their holiday shopping using on-line ordering and delivery service.

### Safe ways to share Thanksgiving:

- Share the celebration virtually using any one of the virtual video conference platforms.
- Organize a potluck and share dishes with friends and other family members by dropping off food in disposable containers at the doorstep of those participating and share dinner virtually.
- Designate only one household member to do the grocery shopping for the household, and for loved ones not in same household who are considered vulnerable.
- Place meals prepared for our families in disposable containers, ensuring that all individuals involved in the cooking process washed their hands often, are healthy and follow other healthy tips while preparing food (washing and disinfecting vegetables, keep food at proper temperatures, Etc.)
- Serve meals on disposable plates and use disposable utensils.

Travel increases your chance of getting and spreading COVID-19. Staying home is the best way to protect yourself and others.

### If you do travel:

- Check for travel restrictions before you go.
- Get your flu shot as soon as you can before you travel.
- Always wear a mask in public settings and on public transportation.
- Stay at least 6 feet apart from anyone who is not in your household.
- Wash your hands often or use hand sanitizer.
- Avoid touching your mask, eyes, nose, and mouth.
- Take with you extra supplies, such as masks and hand sanitizer.

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### Upon Return:

- We encourage everyone to get tested for COVID-19 to learn your status.
- Please remember to stay home while you wait for results and do not gather with people outside of your household.
- Observe the recommended isolation and quarantine times to avoid further spread of the virus if you are COVID-19 positive or were exposed to someone infected.

**Reminder:** If you tested positive and have not been contacted by DPH case worker, please call the COVID Positive Assistance Line (CoPAL) to self-report at (915) 212-6520, or self-report electronically at [epstrong.org](http://epstrong.org), under Testing-Self Reporting Form.

Happy Holidays!!

For more information on staying safe during the holidays, please visit:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/thanksgiving.html>

<http://www.EPStrong.org>

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