



# Department of Public Health

**MAYOR**  
Oscar Leeser

## Community-based guidance for persons exposed to individuals with known or suspected COVID-19 (UPDATED 02/11/2021)

**CITY COUNCIL**

**District 1**  
Peter Svarzbein

**District 2**  
Alexandra Anello

**District 3**  
Cassandra Hernandez

**District 4**  
Joe Molinar

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**District 6**  
Claudia L. Rodriguez

**District 7**  
Henry Rivera

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Cissy Lizarraga

**CITY MANAGER**  
Tommy Gonzalez

The following guidance assumes that **all** individuals wear face masks or respiratory personal protective equipment (PPE) as mandated by El Paso City-County directive. This guidance is based on proximity and duration of contact and is irrespective of whether the person with COVID-19 or the contact wore a face mask or respiratory personal protective equipment (PPE) at time of contact.

Person	Exposure to	Recommended Precautions for the Public
<p><b>Individual who have been in close contact (&lt; 6 feet) ** for ≥ 15min***</b></p> <p><b><u>(High- risk)</u></b></p>	<ul style="list-style-type: none"> <li>• Person with COVID-19 with symptoms (including infectious period of 48 hrs before onset of symptom, until end of home isolation period)</li> <li>• Person who tested positive for COVID-19 (laboratory confirmed) but did not have any symptoms (exposure within the 48 hrs before the date of specimen collection until end of home isolation period)</li> </ul>	<p><b><u>Home Quarantine.</u></b></p> <p><b>Stay home</b> until 10 days after last exposure and maintain social distance (at least 6 feet) from others at all times.</p> <ul style="list-style-type: none"> <li>• Self-monitor for <b>symptoms<sup>+</sup></b> for 14 days</li> <li>• Check temperature twice a day</li> <li>• Watch for fever*, cough, or shortness of breath, or other symptoms<sup>+</sup> of COVID-19</li> <li>• Avoid contact with people at higher risk for severe illness from COVID-19</li> </ul>
<p><b>Individual who have been in contact (&lt; 6 feet) ** for &lt; 15 min*** or (&gt; 6 feet) for &gt; 15 min***</b></p> <p><b><u>(Low- risk)</u></b></p>	<ul style="list-style-type: none"> <li>• Person with COVID-19 who has symptoms (including infectious period of 48 hrs before onset of symptom, until end of home isolation period)</li> <li>• Person who has tested positive for COVID-19 (laboratory confirmed) but has not had any symptoms (exposure within the 48 hrs before the date of specimen collection until end of home isolation period)</li> </ul>	<p><b><u>No restrictions,</u></b></p> <p>but should practice social distancing and other personal prevention strategies.</p> <ul style="list-style-type: none"> <li>• Be alert for <b>symptoms<sup>+</sup></b></li> <li>• Watch for fever*, cough, or shortness of breath, or other symptoms of COVID-19</li> </ul>

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## Quarantine Recommendations for FULLY vaccinated persons

Vaccinated persons with an exposure to someone with suspected or confirmed COVID-19 are **NOT** required to quarantine if they meet all of the following criteria:

- Are fully vaccinated (i.e.,  $\geq 2$  weeks following receipt of the second dose in a 2-dose series, or  $\geq 2$  weeks following receipt of one dose of a single-dose vaccine)
- Are within 3 months following receipt of the last dose in the series.
- Have remained asymptomatic since the current COVID-19 exposure.

\* For the purpose of this guidance, fever is defined as subjective fever (feeling feverish) or a measured temperature of 100°F (37.8°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 cumulative 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>

<https://www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html>

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