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**NEWS
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Health Officials Provide Updated Isolation and Quarantine Guidelines

Community Urged to Follow All Health Guidelines to Include Testing, Face Covers and Vaccinations

EL PASO, Texas – The Department of Public Health issued updated recommendations for Isolation and Quarantine for individuals to align with the Centers for Disease Control and Prevention (CDC) updated guidance.

The complete 6-page guidance can be found at EPStrong.org under the Orders tab and includes updates to isolation guidelines for individuals who have COVID-19 and showing symptoms.

Everyone who has presumed or confirmed COVID-19 should stay home and isolate from other people for at least 5 full days (day 0 is the first day of symptoms or the date the positive result was received for asymptomatic individuals). Individuals should wear a face covering when around others at home and in public for an additional 5 days.

“We are deeply concerned with the current rising trends we are experiencing on number of positive cases, hospitalizations and deaths due to COVID-19, so it is imperative that the community isolates and quarantines if they are experiencing symptoms, have been exposed to COVID-19 positive individual or are awaiting test results, said El Paso Public Health Director Angela Mora. “We continue to urge the community to get vaccinated or get their booster shot, in addition to following all health and safety precautions to include frequent hand washing, wearing a face cover, and practicing social distance.”

The updated guidance includes information about:

- Isolation for individuals who have COVID-19 and showing symptoms
- Ending isolation for individuals who had COVID-19 and had symptoms
- Ending isolation for people who were severely ill with COVID-19 or have a weakened immune system (immunocompromised)
- Ending isolation for individuals who tested positive for COVID-19 but had no symptoms
- Isolation in high-risk congregate settings
- Defining who does not need to quarantine
- What to do after quarantine
- Quarantine in high-risk congregate settings

The complete guide can be found online at EPStrong.org and click on the Order Tab. Additional information about COVID-19 to include testing sites, data and prevention, visit EPStrong.org. For information on COVID-19 vaccines, visit EPCovidVaccine.com. For flu vaccine information visit BePOWERflu.com.

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Media Contact: Soraya Ayub Palacios
Lead Public Affairs Coordinator
(915) 781-4386