



# Department of Public Health



## MAYOR

Oscar Leaser

## CITY COUNCIL

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Peter Svarzbein

### District 2

Alexandra Anello

### District 3

Cassandra Hernandez

### District 4

Joe Molinar

### District 5

Isabel Salcido

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Claudia L. Rodriguez

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Henry Rivera

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Cissy Lizarraga

## CITY MANAGER

Tommy Gonzalez

## COVID-19 PUBLIC HEALTH GUIDANCE 2021 HOLIDAY SEASON AND HOLIDAY TRAVEL

The City of El Paso Department of Public Health (DPH) is issuing the following recommendations to promote a safe Holiday Season for everyone.

### Safe ways to share the Holiday Season:

- Strongly encourages anyone not vaccinated, or not fully vaccinated, to vaccinate against COVID-19 immediately and before the holidays; and to receive a booster dose when eligible, as recommended by the Food and Drug Administration (FDA) and the Centers for Disease Control and Prevention (CDC).
- Not fully vaccinated individuals, particularly those considered high-risk, should avoid large indoor gatherings in poorly ventilated places.
- Gatherings including people not fully vaccinated, should consider gathering outdoors (weather permitting); if held indoors, promote ventilation by opening doors and windows.
- Small home gatherings are preferred; or may choose to celebrate virtually with others using a virtual video conference platform. Another safe option is to organize a potluck and share dishes with friends and other family members by dropping off food in disposable containers at the doorstep of participants and share dinner virtually.
- Place prepared meals to be shared with our families and friends in disposable containers, ensuring 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.)
- Any member of a household that tests positive for COVID-19 must isolate in a separate "sick room" and if leaving the room, must wear a face covering, wash hands frequently, and stay away from others as much as possible.

**Angela Mora – Director**

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

O: (915) 212-0200 | [ephealth.com](http://ephealth.com)



DELIVERING **EXCEPTIONAL** SERVICES



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- All members of a household, including the member who tested positive, should remain under quarantine for 10 days and avoid gathering with others to prevent exposing others. Household members who are awaiting test results should remain in quarantine along with the rest of the household.
- Anyone who exhibits COVID-19 symptoms should get tested, self-quarantine and NOT gather, unless test results are negative.
- High-Risk individuals may choose to attend on-line religious services and avoid attending in-person. Many faith-based organizations stream services on-line.
- Limit office gatherings during this holiday season to avoid large exposures.
- On-line holiday shopping is recommended for unvaccinated and high-risk individuals; if in-person shopping must take place, designate one single family member for in-person shopping, preferably someone not high-risk and fully vaccinated; people may also use online services that include curb side pick-up or free delivery.
- Assist a loved one with their holiday shopping using on-line ordering and delivery service.

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:

- It is best to travel when fully vaccinated; vaccinate or get the booster shot if eligible before traveling.
- Before travel, check for travel restrictions and requirements. Some international destinations may require travelers to provide proof of full vaccination or be tested before entering or returning to the US.
- Always wear a mask in public settings; wearing a mask while on public transportation is still a federal requirement.
- Get tested before you travel to know your status; postpone you travel arrangements if you test positive for COVID-19 and isolate.
- Get your flu shot before travel.

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- Practice prevention and good hygiene by washing your hands often or use hand sanitizer, avoid touching your mask, eyes, nose, and mouth.
- Take with you extra supplies, such as masks, tissue paper and hand sanitizer.

### Upon Return:

- We encourage everyone to get tested for COVID-19 to learn your status; test immediately if experiencing symptoms, or 5 days after returning from travel; stay home while waiting for results and do not gather with people outside of your household.
- Observe the recommended time-period for isolation and quarantine 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 within 24 hours of receiving your results, you are required to call the COVID Positive Assistance Line (CoPAL) to self-report at (915) 212-6520, or self-report electronically at [epstrong.org](https://www.epstrong.org), under Testing-Self Reporting Form.

Safe and 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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