



## **HEALTH ADVISORY: UPDATED GUIDANCE FOR COVID-19**

### **March 21, 2020**

Given community transmission of COVID-19, the San Antonio Metropolitan Health District (Metro Health) will only conduct contact tracing for clusters of COVID-19 cases. In addition, Metro Health recommends members of the general public who are exposed to COVID-19, and who have no symptoms, do not need to self-quarantine. They can work and should monitor their temperatures twice a day and self-isolate if they develop a fever or symptoms. People who are mildly ill are asked to stay home until their symptoms have completely resolved and are fever-free for 72 hours without the use of fever-reducing medications and at least 7 days have passed from the illness onset.

Health care providers (HCP) who had prolonged exposure to COVID-19 should continue to self-quarantine for 14 days. Health care providers with any symptoms of COVID-19, regardless of whether an exposure is known or not, should stay home from work. This includes body aches after all other symptoms of an upper respiratory infection have resolved.

#### **TESTING UTILIZING METRO HEALTH LABORATORY:**

Testing availability for COVID-19 remains limited. Metro Health will no longer be testing close contacts of laboratory confirmed COVID-19 cases unless individuals are high-risk or hospitalized.

#### **REPORTING OF CASES:**

For questions or to report a suspected case, please contact your local health department:

##### **Bexar County Residents:**

San Antonio Metropolitan Health District

Epidemiology Program

Phone: (210) 207-8876

Fax: (210) 207-8807