



DADE PHELAN

SPEAKER OF THE HOUSE

MEMORANDUM

TO: All House Members
87th Legislature

FROM: Office of the Speaker

DATE: January 15, 2021

SUBJECT: House Protocols Following Exposure to COVID-19

Texas House of Representatives is following CDC guidelines for self-quarantine and self-isolation following exposure to COVID-19. The CDC continuously updates its guidelines as more is learned about the virus, and we encourage all members and staff to review this information regularly. Current CDC guidelines for self-quarantine and self-isolation are as follows:

- Individuals who test positive for the virus should isolate immediately. Those who are positive can spread COVID-19 48 hours before showing symptoms or testing positive.
- Immediately reach out to anyone you have had contact with during this 48 hour period to let them know they may have been exposed to COVID-19.
 - Exposure is defined as close contact with someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period beginning 2 days before onset of illness until the time the patient is isolated.
- For individuals who have been quarantined due to exposure, quarantine can end after day 10 without testing and if no symptoms have been reported during daily monitoring.
- If an individual is being tested frequently, the quarantine period can end after day 7 if a test comes back negative and if no symptoms were reported during daily monitoring. The specimen may be collected and tested within 48 hours (day 5) before the time of planned quarantine discontinuation.



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- Watch for symptoms up to 14 days after exposure.
- Individuals who have tested positive for COVID-19 within the last three months and who have recovered do not need to quarantine.
- Additional guidance from your health care provider may be recommended depending upon the individual situation.

Testing for COVID-19 is left to the discretion of each House member and individual. House members and staff have the option to receive testing in the Reagan Building from 7 AM to 2 PM each day, in addition to the testing tent located on the north plaza of the Capitol. The Texas Division of Emergency Management will also provide testing kits to each House member upon request.

As a reminder, no single health protocol taken alone will be able to protect our capitol and stop the spread of this virus. To prevent the risk of exposure, all members and staff are encouraged to follow the CDC's preventative guidelines by:

- Practicing social distancing by maintaining 6 feet of distance from one another
- Wearing a face covering and practicing respiratory etiquette
- Washing and sanitizing our hands often
- Self-screening for signs or symptoms of COVID-19
- Staying home when sick

Our office is happy to answer any questions or concerns you have.