

March 12, 2020

COVID-19 Self-Isolation Recommendations

Governor Michelle Lujan Grisham is committed to mitigating the widespread community transmission of COVID-19 by enforcing self-isolation recommendations among individuals known to have travelled.

Category 1: Individuals who have travelled to/from affected areas OR have been in direct contact with a person known to be positive for COVID-19.

If an individual has travelled to high-risk COVID-19 areas in the past 14 days or been in contact with a test-positive COVID-19 individual, they will be asked to self-isolate for a period of 14 calendar days.

Currently, high-risk COVID-19 areas where significant community transmission has occurred include:

- China
- Europe (especially Italy)
- Japan
- Iran
- South Korea
- Seattle, Washington
- Portland, Oregon
- New York City, New York
- San Francisco, California

Individuals can review areas of significant community transmission in an updated fashion on the DOH website: <http://cv.nmhealth.org>. **If the individual has or develops any respiratory symptoms (cough, shortness of breath) or fever, they need to call 855-600-3453 and press option 2.**

Category 2: Individuals who have travelled outside of New Mexico (but not to currently known high risk areas).

Given that our knowledge of high risk areas changes every day, and that airports provide possible exposure to hundreds of people whose travel histories are not known, we are also recommending that individuals who have travelled outside of the state be in self-isolation for a period of 14 calendar days. **If the individual has or develops any respiratory symptoms (cough, shortness of breath) or fever, they need to call 855-600-3453 and press option 2.**

Category 3: Individuals contemplating out-of-state travel in the coming weeks and months.

We care about you. And while we cannot regulate your personal travel decisions, we strongly advise you to reconsider out-of-state travel. You will be recommended to self-isolate for 14 calendar days upon your return. Also, as travel bans can be implemented, you run the risk of being unable to return to New Mexico.

The New Mexico Department of Health (DOH) and the Governor's Office continue to monitor the status of high-risk areas and will communicate new developments at <http://cv.nmhealth.org/> as they become available. The DOH website will be your most accurate source of information.

DOH has established a call center to address questions from the public. If you have questions regarding COVID-19 (coronavirus) or if you have concerns that you may have been exposed to the coronavirus, please call: **1-855-600-3453**. The hotline is available 24 hours a day and 7 days a week. COVID-19 updates also are available at the DOH website <http://cv.nmhealth.org/>.