

## NORTH TEXAS MEDICAL SOCIETY COALITION



### IMMEDIATE RELEASE

## NORTH TEXAS PHYSICIANS ENCOURAGE FULL 14-DAY QUARANTINE FOR THOSE SICK OR EXPOSED TO COVID-19

**Dallas, May 29, 2020** - The North Texas Medical Society Coalition (NTMSC) is encouraging those who are sick or exposed to COVID-19 to complete a full 14 days in quarantine to avoid a resurgence of the virus in North Texas.

“The respiratory symptoms from COVID-19 usually appear about five to six days after exposure, but may occur as soon as two days or as late as 14 days after exposure. People may be most likely to spread the virus to others during the 48 hours before they start to experience symptoms,” says Beth Kassanoff, MD, NTMSC Vice Chair. “If you get a nasal swab COVID test done too early after exposure, it will be negative, even though you may go on to develop the disease, because there are so few viral particles in your nose so soon after infection that the test cannot detect them. This possibility of a false negative test result is why anyone who has been exposed to someone known or is suspected to be infected should stay home for 14 days even if they test negative for coronavirus.”

NTMSC makes the following recommendations for those who may have COVID-19:

- Self-quarantining is key - sick individuals should stay home and avoid contact with others. They should not go to work or school and should avoid public transportation, taxis, or ride-shares. [Local health departments](#) can assist with basic needs (for example, food and medication).
- If there has been close contact with a person who has lab-confirmed COVID-19, or who was diagnosed with COVID-19 without lab testing, individuals should self-quarantine and monitor for symptoms of COVID-19 for 14 days after the last contact. If a member of a household has lab-confirmed COVID-19 or is diagnosed with COVID-19, all members of that household should self-quarantine for 14 days after any sick person in the household’s self-isolation period ends.
- If anyone is feeling sick they should self-isolate at home. Those who do have COVID-19 need to continue isolating until their symptoms are gone, they have not had a fever for three days, and at least 10 days after their symptoms began. The most common symptoms are fever, cough, and shortness of breath. Other common symptoms include chills, muscle pain, sore throat, or loss of taste or smell. Not everyone with COVID-19 will have all symptoms and fever might not be present. Anyone who has symptoms and wants to get tested for COVID-19 should reach out to their healthcare provider. Providers may collect samples to test or help individuals find [testing sites in their area](#).

Outside of self-quarantine, NTMSC continues to encourage thorough hand washing, wearing a mask, and maintaining six feet of distance from others.

**About North Texas Medical Society Coalition:**

The NTMSC represents more than 11,500 physicians in the communities of Collin-Fannin, Dallas, Denton, Grayson, and Tarrant County. Founded in 2020, the NTMSC works with community healthcare partners, including public health departments, hospitals, and business leaders, to advise on medical recommendations to serve the health care needs of the residents of North Texas.

[www.northtexasmc.org](http://www.northtexasmc.org)

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