



New Mexico Children,
Youth & Families Department

CORONAVIRUS IN NEW MEXICO

WHAT WE KNOW

As of Wednesday, March 11, 2020, four people in New Mexico have tested positive for COVID-19, also known as the novel coronavirus. Governor Michelle Lujan Grisham announced the first three cases at a press conference that morning, while a fourth case was announced Wednesday evening.

All four cases are believed to have been contracted by the affected individuals while they were traveling outside of NM - to places where the COVID-19 virus has already spread further.

The New Mexico Department of Health (NMDOH) has been preparing for the COVID-19 pandemic for several months and is implementing measures to minimize the spread of this virus within New Mexico. The Children, Youth & Families Department is communicating daily with NMDOH to monitor potential risks to our families and staff and to take the required precautionary measures as directed.

These early measures are designed to contain the virus and keep the infection rate as minimal as possible in New Mexico. At this point, there are no signs of "community spread" i.e. cases contracted within New Mexico. The following measures are intended to prevent that as much as possible.

New Mexico has tests for COVID-19. NMDOH is working with healthcare providers across the state to identify patients at risk of or with symptoms of COVID-19 and to provide testing, infection control procedures and to minimize the spread of the virus within medical settings.

WHAT YOU CAN DO

- **Continue to wash your hands regularly and thoroughly** throughout the day with soap and warm water for at least 20 seconds each time.
- Avoid touching your face, nose and mouth.
- Avoid crowds and keep a distance of about 6 feet from other people as often as possible.
- Clean "high-touch" surfaces such as door handles daily with regular household cleaners.
- Avoid non-essential travel out of the state, especially to affected and quarantined areas of the U.S. and abroad.
- Monitor yourself and your loved ones for symptoms, which include fever, dry cough and difficulty breathing.
- **If sick, call your doctor and call NMDOH** to receive assessment and guidance on what to do next. Avoid going to the emergency room unless directed to.
- Those at high risk who should be sure to take precautions include:
 - Older adults, especially those ages 65 and over;
 - People with chronic medical conditions such as hypertension, diabetes and other heart, lung or kidney diseases.

For individuals who do not have medical conditions that normally require face masks (such as people receiving certain types of dialysis, chemotherapy, etc.), the use of face masks is neither preventive nor recommended.

ADDITIONAL INFO

Scientists are working quickly to try to develop a vaccine or treatments for COVID-19. NMDOH is working on setting up drive-through testing sites in New Mexico. DOH is currently staffing a **24 hour information line** available at: **855-600-3453.**

NMDOH has reviewed pandemic preparedness plans and adapted them for COVID-19. They are looking ahead and taking steps now to prepare for the monitoring and care of patients with COVID-19 should we have widespread disease in New Mexico.

Testing kits are now available at the New Mexico State Laboratory in Albuquerque and are being distributed statewide to hospitals and clinics. Tests are only done with prior approval. More information on testing is available through <https://cv.nmhealth.org> or 855-600-3453.

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Please visit the NMDOH website for FAQs and to stay up to date about COVID-19 in New Mexico
<https://cv.nmhealth.org/>
or call 855-600-3453