



Health Alert Network

Tri-County Health Department

Serving Adams, Arapahoe and Douglas Counties

Phone 303/220-9200 • Fax 303/741-4173 • www.tchd.org

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John M. Douglas, Jr., M.D. Executive Director

The pages that follow contain information critical to protecting the health of your patients and the citizens of Colorado.

HAN UPDATE

Number of pages including cover: 3

Subject: **Update - Information for Patients about COVID-19 Isolation and Quarantine – October 9, 2020**

Message ID: 10/9/2020 9:00:00 AM

Recipients: HAN Community Members.

From: TRI-COUNTY HEALTH DEPARTMENT

Adams, Arapahoe and Douglas County, Colorado

Recipient Instructions: **Health care providers: Please distribute widely in your office. For your information. No response required.**

For more information:

- TCHD COVID-19 web page: <http://www.tchd.org/818/Coronavirus-COVID-19>
- CDPHE COVID-19 web page: <https://covid19.colorado.gov/>
- CDC COVID-19 web page: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Medical resource requests/questions may be submitted to Logistics@tchd.org. TCHD Logistics will provide the ordering resource document (213RR) and direct partners to the corresponding County or City OEM Logistics personnel to place your orders into the State ordering system, Web EOC.
- For questions about COVID-19 please call Tri-County Health Department at 303-220-9200.
- Members of the public may contact CO Help at 303-389-1687 or 1-877-462-2911 with general questions about COVID-19 to receive answers in many languages including English, Spanish (Español), Mandarin (普通话), and more, or email COHELP@RMPDC.org (for answers in English only).

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You have received this message based upon the information contained within our Health Alert Network Notification System. If you have a different or additional e-mail or fax address that you would like us to use, or if you have additional questions, call 720-200-1477.

Categories of Health Alert Network Messages:

Health Alert: Conveys the highest level of importance; warrants immediate action or attention.

Health Advisory: Provides important information for a specific incident or situation; may not require immediate action.

Health Update: Provides updated information regarding an incident or situation; unlikely to require immediate action.

Info Service/Public Health Brief: Provides general information that is not necessarily considered to be of an emergent nature.

You may download a copy of this HAN from the TCHD website at
<http://www.tchd.org/259/Health-Alert-Network>



HEALTH ALERT LEVEL - UPDATE

Information for Patients about COVID-19 Isolation and Quarantine

October 9, 2020

******Health care providers: Please distribute widely in your office******

KEY POINTS:

- The time periods for COVID-19 isolation and quarantine have not changed. TCHD is providing this reminder so providers can give appropriate advice to patients diagnosed with COVID-19 or patients who are a close contact of a case.
- Symptomatic close contacts should undergo COVID-19 PCR testing.
- Asymptomatic close contacts should be offered (PCR) testing approximately 5-7 days into their quarantine period. The purpose of testing asymptomatic close contacts is to identify positives. Persons with asymptomatic infection still spread SARS-CoV-2 to others, and those testing positive should be placed in isolation.
- ***** Close contacts who test negative must remain in quarantine for a total of 14 days.** A negative test does not end the quarantine period early since someone could turn positive or develop symptoms at any point during quarantine.

TCHD is aware of an increasing number of situations when health care providers are giving “approval” or a medical note indicating that patients can be released from quarantine prior to 14 days.

*****THIS IS AN INCORRECT APPROACH. THE COVID-19 QUARANTINE PERIOD IS 14 DAYS.*****

BACKGROUND:

Tri-County Health Department (TCHD) is requesting assistance from all health care providers to educate patients regarding COVID-19 disease control measures, particularly isolation and quarantine.

RECOMMENDATIONS & GUIDANCE TO SHARE WITH PATIENTS WHO ARE DIAGNOSED WITH COVID- 19 OR IDENTIFIED AS A CLOSE CONTACT:

Isolation

Isolation is separating sick individuals with COVID-19 from individuals who are not sick. A person who tests positive for COVID-19 by PCR (confirmed case) or is suspected of having COVID-19 based on symptoms alone (probable case) should be placed in isolation. Someone in isolation should stay home and away from others, including not going to work in an offsite location.

TCHD recommends using one of these two strategies to determine when someone with COVID-19 can come out of isolation:

Symptom-based

For persons with COVID-19 who had symptoms and tested positive OR only had COVID-19 symptoms — Isolation may be discontinued when:

- At least 10 days have passed since their symptoms first appeared, , AND
- No fever for at least 24 hours without using fever-reducing medication, AND
- Improvement in symptoms (e.g., cough, shortness of breath) for at least 24 hours.

Time-based

For persons who tested positive for COVID-19 but never had symptoms — Isolation may be discontinued when:

- 10 days have passed since the specimen collection date, provided no symptoms developed since their positive test. If they developed symptoms, then the symptom-based strategy should be used based on date of illness onset.

Quarantine

Quarantine is for individuals who were in close contact with a confirmed COVID-19 case but remain asymptomatic. Someone in quarantine should stay at home and keep a safe distance from others in case symptoms begin at any point within the 14-day quarantine period — or if asymptomatic infection occurs.

Close contacts of persons with confirmed or probable COVID-19 should self-quarantine for **14 days** from the time of their last contact with the person.

During quarantine an individual should take their temperature once or twice a day to be sure they do not have a fever (greater than 100.4°F) and watch for symptoms of COVID-19, including a new — fever, cough, shortness of breath, sore throat, body aches, fatigue, loss of taste or smell, congestion, nausea, vomiting, or diarrhea. It might take days for the full spectrum of symptoms to develop and some infected individuals might only have mild symptoms.

What counts as close contact?

- You were within 6 feet of someone who has COVID-19 for at least 15 minutes.
- You provided care at home to someone who is sick with COVID-19.
- You had direct physical contact with the person (touched, hugged, or kissed them).
- You shared eating or drinking utensils.
- They sneezed, coughed, or somehow got respiratory droplets on you.
- *****In the school or child care setting**, CDPHE defines close contact as a member of a school/child care cohort with a case. A school/child care cohort commonly means a classroom group, but might also represent another group such as a team or extracurricular activity.

Testing close contacts

If an individual has been in close contact with someone diagnosed with COVID-19, TCHD recommends they get tested even if they don't have symptoms since some infected individuals remain asymptomatic.

- A close contact who develops symptoms suggestive of COVID-19 during the 14-day quarantine period should be tested and be placed in isolation.
- Close contacts who are asymptomatic can be tested about 5-7 days into their quarantine . ***** The purpose of testing asymptomatic close contacts is to identify positives.** Persons with asymptomatic infection still spread SARS-CoV-2 to others.
 - A molecular amplification test (i.e., PCR) is preferred to identify COVID-19 infection in asymptomatic contacts.
 - Persons who test positive should be placed in isolation just the same as someone who has symptoms and follow the isolation guidance.
 - **Negative testing during quarantine does not end quarantine before 14 days.** The purpose of testing people in quarantine is to identify positives, and a negative test cannot be used to release someone early from quarantine. Someone could still turn test positive or develop symptoms at any point during quarantine.

*****TCHD is aware of an increasing number of situations when health care providers are giving “approval” or a medical note indicating that patients can be released from quarantine prior to 14 days.**

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Patient education materials:

COVID-19 isolation and quarantine handouts for patients can be found here:

<https://www.tchd.org/840/Isolation-and-Home-Care>