



# UPDATES ON ISOLATION GUIDANCE AND WHEN TO QUARANTINE: COMMUNITY AND LONG-TERM CARE FACILITY GUIDANCE

AUGUST 18, 2020

# HISTORY OF QUARANTINE



PHS cutter ship

- Middle Ages – 14<sup>th</sup> Century Italy – comes from Italian words *quaranta giorni* which means 40 days
- Early American Quarantine – continue outbreaks of yellow fever led to Congress passing federal quarantine legislation in 1878
- Public Health Service Act of 1944 – gave U.S. Public Health Service (PHS) responsibility for preventing the introduction, transmission, and spread of communicable diseases from foreign countries into the United States

# DEFINITIONS

- Isolation – **separate sick people** with a contagious disease from people who are not sick
- Quarantine – separates and restricts the movement of people **who were exposed** to a contagious disease to see if they become sick

# WHO NEEDS TO ISOLATE?

- **People who have COVID-19:**
  - People who have symptoms of COVID-19 and are able to recover at home (confirmed case vs suspected case)
  - People who have no symptoms (are asymptomatic) but have tested positive for COVID-19

Reference link: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>

# UPDATED ISOLATION GUIDANCE DOES NOT IMPLY IMMUNITY TO COVID-19

- Isolation guidance for general public (community guidance) has been updated based on latest science about COVID-19 showing that people can continue to test positive for up to 3 months after diagnosis and not be infectious to others.
- Therefore guidance to end home isolation for most people in the community to be based on symptoms (10 days since first symptoms appeared AND 24 hours with no fever without the use of fever-reducing medications AND other symptoms of COVID-19 are improving) rather than test based strategy.
- However, this does not imply a person is immune to reinfection with SARS-CoV-2, the virus that causes COVID-19, in the 3 months following infection.

Reference links: <https://www.cdc.gov/media/releases/2020/s0814-updated-isolation-guidance.html> and <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>

# WHO NEEDS TO QUARANTINE?

- **Anyone who has been in close contact with someone who has COVID-19\***
- 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

Reference link: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

# INDIVIDUAL IS A CLOSE CONTACT OF SOMEONE WHO HAS COVID-19

## GUIDANCE ON QUARANTINE SPECIFIC TO LTCF

- Residents who received direct care from HCP who worked with symptoms or in the 48 hours prior to symptom should be restricted to their room and be cared for using all recommended COVID-19 until results of HCP COVID-19 testing are known.
- If HCP diagnosed with COVID-19, residents should be cared for using all recommended COVID-19 PPE until 14 days after last exposure and prioritized for testing if they develop symptoms

## GUIDANCE ON QUARANTINE FOR GENERAL PUBLIC (COMMUNITY)

People who have been in close contact with someone who has COVID-19 - excluding people who have had COVID-19 within the past 3 months.

# INDIVIDUAL IS A NEW ADMISSION OR READMISSION TO A FACILITY

## GUIDANCE ON QUARANTINE SPECIFIC TO LTCF (OFFER MEDICAL SERVICES)

- New admissions and readmissions whose COVID-19 status is unknown - place in observation/quarantine
  - New admission = admitted to facility from home or another facility
  - Readmission = readmitted to facility from an overnight, inpatient hospital stay

## GUIDANCE ON QUARANTINE FOR OTHER SHARED & CONGREGATE HOUSING

- No specific guidance regarding quarantine upon moving into a shared or congregate housing unless known exposure to a person with COVID-19

# INDIVIDUAL GOES OUT INTO THEIR COMMUNITY AND RETURNS TO PLACE OF RESIDENCE

## GUIDANCE ON QUARANTINE SPECIFIC TO LTCF

- No guidance for routine quarantine upon return
- Encourage individual to practice social distancing and other personal prevention strategies

## GUIDANCE ON QUARANTINE FOR GENERAL PUBLIC (COMMUNITY)

- No guidance for routine quarantine upon return
- Encourage individual to practice social distancing and other personal prevention strategies

# INDIVIDUAL TRAVEL INTERNATIONALLY, OR DOMESTICALLY OUTSIDE OF THEIR COMMUNITIES

## GUIDANCE ON QUARANTINE SPECIFIC TO LTCF

- No specific guidance for quarantine after travel for LTCF residents
- Guidance is that individuals who are higher risk for severe illness from COVID-19 should reconsider travel as it increases their chances of being exposed to COVID-19

Reference links: <https://www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html> and <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/older-adults.html>

## GUIDANCE ON QUARANTINE FOR GENERAL PUBLIC (COMMUNITY)

- Situations with potentially higher risk of exposure, such as:
  - Travel from another country, a US state, or a county (according to state data) where COVID-19 transmission is high or increasing
  - Attendance at large social or mass gatherings
  - Travel on a cruise ship or river boat
- Should stay home or in a comparable location (such as a hotel room) to the extent possible, avoid contact with people at higher risk of severe illness and consider getting tested for COVID-19.

## What You Can Do If You Are at Increased Risk for Severe Illness from COVID-19

### Are You at Increased Risk for Severe Illness?



Based on what we know now, those at increased risk for severe illness from COVID-19 are:

- Older adults
- People of any age with the following:
  - Cancer
  - Chronic kidney disease
  - COPD (chronic obstructive pulmonary disease)
  - Immunocompromised state (weakened immune system) from solid organ transplant
  - Obesity (body mass index [BMI] of 30 or higher)
  - Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
  - Sickle cell disease
  - Type 2 diabetes mellitus

### Here Is What You Can Do to Help Protect Yourself



**Limit contact** with other people as much as possible.



**Wash your hands** often.



**Avoid close contact** (6 feet, which is about two arm lengths) with people who are sick.



**Clean and disinfect** frequently touched surfaces.



**Avoid all cruise travel** and non-essential air travel.

# PEOPLE AT INCREASED RISK OF SEVERE ILLNESS

- **Venturing out into a public setting? What to consider before you go.**
- <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-increased-risk.html>

# OTHER PEOPLE WHO NEED EXTRA PRECAUTIONS: PEOPLE WHO LIVE IN A NURSING HOME OR LONG-TERM CARE FACILITY

## CDC Has Information For Older Adults at Higher Risk

**8** out of **10** COVID-19 deaths reported in the U.S. have been in adults 65 years old and older. Visit [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus) for steps to reduce your risk of getting sick.



If you are a healthcare provider in a long-term care facility, make sure to take additional precautions for yourself and the older adults in your care.