



DATE: 02/05/2022

SUBJECT

COVID Quarantine: Carbon County Public Health has updated its recommendations for isolation and quarantine for healthcare personnel, the general public, and schools.

SITUATION:

Due to the current increasing transmissibility of SARS-CoV-2, and concerns of the potential impacts on the healthcare system, general business and school operations, Carbon County Public Health is updating the guidance regarding isolation and quarantine in line with CDC and local recommendations.

The intent of updating the recommendations and guidance is to maintain adequate staffing for safe and effective patient cares, keep general businesses open and operating safely, and assist schools in staying open and safe, while encouraging our communities, friends, and families to act responsibly during times of illness. This guidance is subject to change based on local conditions.

This guidance is not suitable for:

- Children under 2 years of age.
- People who are unable to wear a mask.
- People with moderate to severe COVID-19 infection.
- People who are immunocompromised.
- People in high-risk congregate settings such as homeless shelters and correctional facilities.

RECOMMENDATIONS

**RECOMMENDED ISOLATION GUIDELINES FOR ALL INDIVIDUALS
REGARDLESS OF VACCINATION STATUS**

COVID POSITIVE INDIVIDUALS

The isolation period has now been shortened to 5 days for asymptomatic or mild symptoms of a confirmed Covid positive result. The first day of symptoms starts as day 0, or if no symptoms, the first day of a positive result. Days 6-10 should be followed by ***a strong recommendation*** of continued masking for an additional 5 days and avoidance of public places where masking is not possible, such as restaurants.

If you are severely ill or immunocompromised, isolation guidance remains at 10 days from symptom onset or at the advice of your healthcare provider. However, it is strongly recommended that the

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shortened isolation period (5 days) is for those returning to work and school but may not be appropriate for patients and visitors in healthcare settings, or healthcare workers during conventional standards of care, except as directed by local protocols. The shortened 5-day quarantine is specific to those that meet the below qualifications:

1. Persons who are without symptoms.
2. Persons with mild infection, if symptoms are improving, and they are without fever for at least 24 hours at the end of the isolation without use of fever reducing medications.

Returning workers and students on day 6 to places of employment and school is not without risk and additional precautions should be taken, PLEASE FOLLOW YOUR SCHOOL/EMPLOYERS SPECIFIC PROTOCOLS.

Recommended Additional Precautions to take on days 6 – 10

1. Always wear a well-fitting mask around others, including other people in the household.
2. Avoid travel.
3. Avoid being around persons who are immunocompromised or at increased risk for severe disease.
4. Avoid visiting healthcare facilities. Notify your provider if you have scheduled appointments. Your provider can determine if an in-person appointment is needed or can be rescheduled.
5. Avoid restaurants and other places where you are unable to wear a mask.

RECOMMENDED QUARANTINE GUIDELINES FOR ALL INDIVIDUALS REGARDLESS OF VACCINATION STATUS

CLOSE CONTACTS

Recommended general guidance for any persons exposed to someone with COVID-19 (close contact) NOTE: Day 0 is date of last exposure.

1. Close contacts are **STRONGLY RECOMMENDED** to stay home for 5 days regardless of vaccination status. You may choose to follow the CDC guidelines which makes a distinction.
2. After 5 days, it is **STRONGLY RECOMMENDED** to continue to wear a well-fitting mask when around others for 5 additional days (days 6-10).
3. Get tested for COVID-19 at a minimum of 5 days after the date of last exposure.
4. If symptoms develop at any point within a 10-day period, please get a test and stay home. If test is negative, resume original quarantine timeline as per above.

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Our families, friends, and communities depend on us all to decrease the spread of all communicable diseases. We do understand that Covid-19 has placed everyone in a precarious situation financially, emotionally, and with their overall wellness. Please take the time to consider your role on the impact of our overall health in Carbon County and help us keep everyone safe and healthy.