

December 9, 2020

## Revised COVID-19 Guidance Documents for Healthcare Providers

### Actions Requested

- **Be aware that the CDC's recommendations for quarantine periods for close contacts have been revised.** While a 14-day quarantine period is still recommended, alternative options to reduce quarantine are available for **individuals who are asymptomatic** and include stopping quarantine on day 7 after receiving a negative test on day 5 or later or on day 10 without testing. If stopping early, all individuals should watch closely for any symptoms up to 14 days after exposure and immediately self-isolate and undergo testing if any symptoms develop. <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>
- **Be aware of the CDC's updated advice for travelers** (<https://www.cdc.gov/coronavirus/2019-ncov/travelers/faqs.html>). While it is safest not to travel at this time, CDC advises testing with a viral test 1-3 days before traveling internationally and domestically, with a repeat test advised at 3-5 days after travel. All individuals who travel should reduce all non-essential activities for a full seven days with a negative test or for ten days for those who don't get tested. Testing for travel related purposes is of a lower priority than testing for symptomatic individuals or close contacts of confirmed cases.
- **Review the CDC's updated Interim Guidance for Antigen Testing for SARS-COV2** (<https://www.cdc.gov/coronavirus/2019-ncov/lab/resources/antigen-tests-guidelines.html>). A positive antigen test in a symptomatic individual with high pre-test probability can be considered a true positive test, however a negative antigen for a symptomatic person should be confirmed with a nucleic acid test. Positive antigen tests for asymptomatic individuals should be confirmed by a nucleic acid test for close contacts and for those without known exposure.
- **Counsel patients about isolation and quarantine when providing test results for COVID-19.** Be aware that increasing case numbers have caused delays in public health case investigations and contact tracing. Patients with a positive test need to isolate until ten days have passed since symptom onset, are without fever for 24 hours, and symptoms have improved. Those with a positive test but no symptoms should isolate until ten days have passed since their test was collected. Patients with a positive test should be advised to notify their close contacts to self-quarantine away from others and get tested, ideally at 5-8 days from their exposure.
- **Report all antigen tests** to Kitsap Public Health District.
- **Review the CDC's guidance on COVID-19 vaccine** for healthcare providers (<https://www.cdc.gov/coronavirus/2019-ncov/hcp/vaccination.html>). This guidance includes advice on how to answer patient questions about COVID vaccination, train employees, store and handle vaccine, and how priority groups were determined.

Questions? Please contact Kitsap Public Health District at (360) 728-2235.

### Background

In the past week, CDC has updated various COVID-19 guidance documents for healthcare professionals.

### Resources

- DOH COVID-19 Vaccine Provider Webpage: <http://www.doh.wa.gov/COVID19VaccineProvider>
- DOH COVID-19 Vaccine Webpage: <https://www.doh.wa.gov/Emergencies/COVID19/Vaccine>
- CDC COVID-19 Vaccine Webpage: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>
- Kitsap Public Health District COVID-19 Webpage: <https://kitsappublichealth.org/CommunityHealth/CoronaVirus.php>