

August 24, 2020

Updated Guidance for COVID-19 Isolation, COVID-19 Testing Recommendations and School-Related Immunizations

- **Be aware of updated CDC COVID-19 isolation duration guidance.** A test-based strategy for discontinuation of isolation is no longer recommended – <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-hospitalized-patients.html>. While isolation for most people with no symptoms or mild to moderate disease remains ten days after symptom onset or date of specimen collection for those without symptoms, **a twenty (20) day isolation period after symptom onset is recommended for patients with severe to critical illness or are severely immunocompromised.**
- **Test all patients with symptoms**, regardless of age, health status, or severity of symptoms. We recommend testing as soon as possible after close contact status notification, ideally **within 24 hours**. We strongly encourage broad testing.
- **Testing is recommended for all close contacts** (including asymptomatic individuals) of persons with COVID-19 and should be considered for possible close contacts -- <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/testing-non-healthcare-workplaces.html>.
- **Prioritize testing of asymptomatic individuals** in the following populations: close contacts of a case, those exposed during an outbreak in a congregate setting, those from a racial or ethnic group disproportionately affected by COVID-19, those pregnant and in labor, infants born to parents with suspected or confirmed COVID-19, and those undergoing an aerosol generating or invasive surgical procedure.
- **Consider use of in-state labs with short turn-around-times.**
- **Start planning for school-related immunizations.** All private and public schools require medically verified immunization records for entry to school. Tdap guidelines for schools have been revised to require one booster for all students entering 7th through 12th grades. Students in 7th grade must have received their Tdap dose on or after age 10; 8th through 12th graders on or after age 7 -- <https://www.doh.wa.gov/YouandYourFamily/Immunization/SchoolandChildCare/RuleChanges>

Background

The number of COVID-19 cases reported in Kitsap has risen substantially. 942 individuals have had a positive PCR test result and 9 Kitsap County resident deaths have been associated with COVID-19 as of August 24. With increased COVID-19 transmission in our community, wider testing is required to slow spread by ensuring early identification and isolation of cases, along with quarantine and testing of their close contacts.

Resources

- CDC COVID-19 page: <https://www.cdc.gov/coronavirus/2019-nCoV/>
- DOH COVID-19 page: <https://www.doh.wa.gov/Emergencies/Coronavirus>
- KPHD COVID-19 page: <https://kitsappublichealth.org/CommunityHealth/CoronaVirus.php>
- Questions? Please contact our Communicable Disease staff at 360-728-2235