

Covid-19 Updates for Isolation and Quarantine

Resources and References

The resources and references used and noted include the following:

- CDC COCA Calls: “Updates to CDC’s COVID-19 Quarantine and Isolation Guidelines in Healthcare and Non-healthcare Settings – Thursday January 13, 2022.”
 - Presentation: https://emergency.cdc.gov/coca/calls/2022/callinfo_011322.asp
 - Slides: https://emergency.cdc.gov/coca/ppt/2022/011322_slides.pdf
- CDC. COVID-19 Data Tracker Variant and Proportions: <https://covid.cdc.gov/covid-data-tracker/#variant-proportions>
- CDC Webpage: What We Know About Quarantine and Isolation – “Why CDC Shortened Isolation and Quarantine for the General Population” – Updated Jan. 4, 2022. <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation-background.html>
- CDC Webpage: “Quarantine and Isolation” - Updated Jan. 9, 2022. <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>
- CDC Webpage: “Overview of COVID-19 Quarantine for K-12 Schools” - Updated Jan. 13, 2022. <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-contact-tracing/about-quarantine.html#:~:text=People%20who%20are%20asked%20to,others%20at%20home%2C%20if%20possible.>

Background

- Transmission: Studies show most SARS-CoV-2 transmission occurs early in the course of infection
 - Infectiousness peaks around one day before symptom onset and declines within a week of symptom onset: Average (2-3 days before and 8 days after symptom onset)

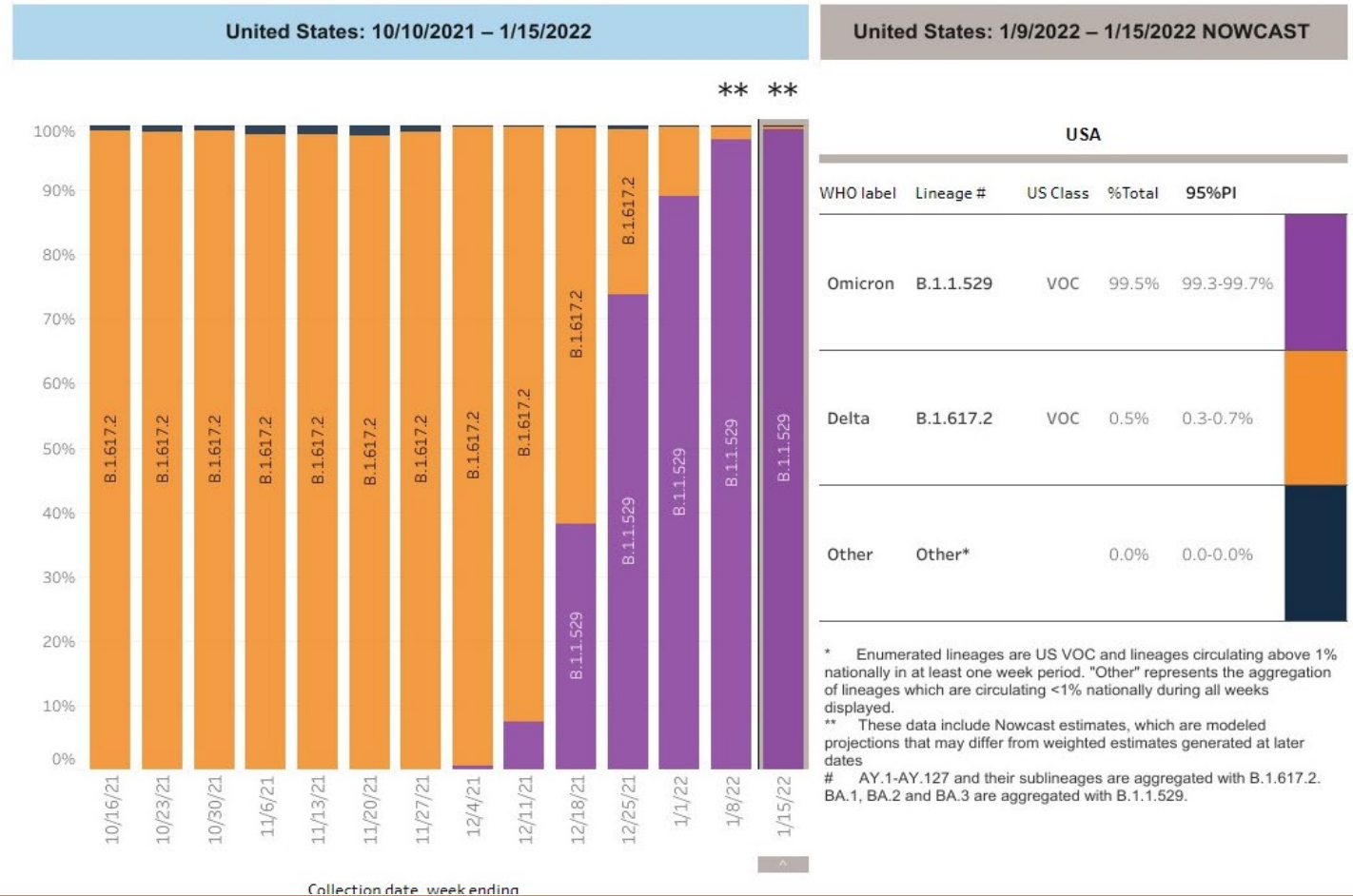
- Omicron:
 - Possibly up to three times more infectious than the Delta variant
 - Lower hospital and death rates compared with previous variants
 - Possibly has a shorter incubation period (2-4 days)
 - Currently authorized vaccines offer less protection against infection but still beneficial. Important to increase uptake of primary vaccination and boosters.

- Other:
 - Potential impact on staffing shortages, increase in supply chain challenges
 - Impacts of the pandemic on the mental health status
 - A small percentage (25-30%) isolate for a full 10 days
 - Estimated 31% of persons remain infectious after the 5 day following a positive test.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation-background.html>

Variant Surveillance – Omicron?

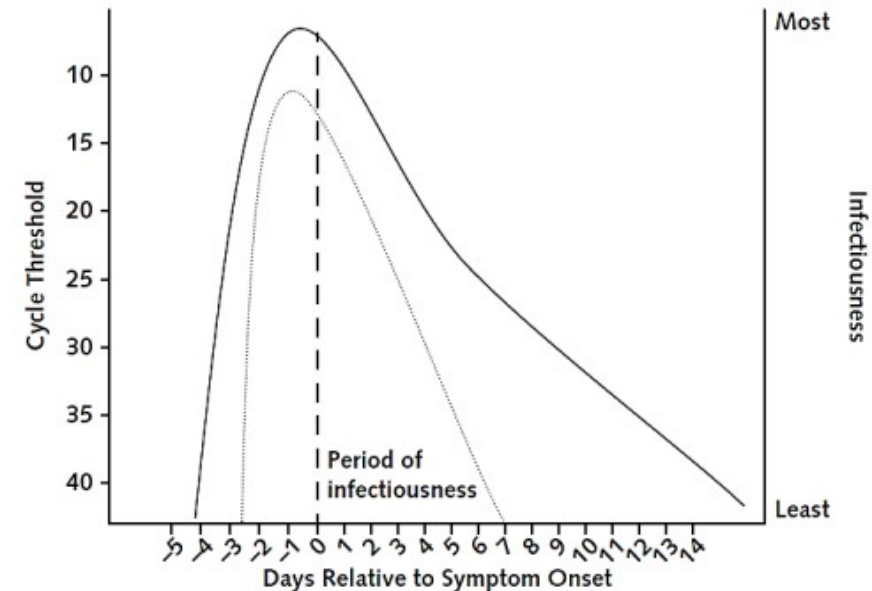
- Sequencing: is not a quick and easy test. Multiple steps that generally take 10-14 days
- Variant surveillance: Multiple lines of effort at the national and state level
- CDC Data Tracker – Variant Proportions
 - Overall US: Estimated 99.5% Omicron (1/15)... 0.6% Omicron (12/4)
 - Region 7 (MO, KS, IA, NE): Estimated 97.8% Omicron (1/15)
- Missouri Sequencing Efforts: Similar trends



Period of Infectiousness

- Data, including a review of 113 studies from 17 countries, show that most SARS-CoV-2 transmission occurs early in the course of infection
- Infectiousness peaks around one day before symptom onset and declines within a week of symptom onset
- CDC has been monitoring the emerging science on when and for how long a person is maximally infectious with Omicron

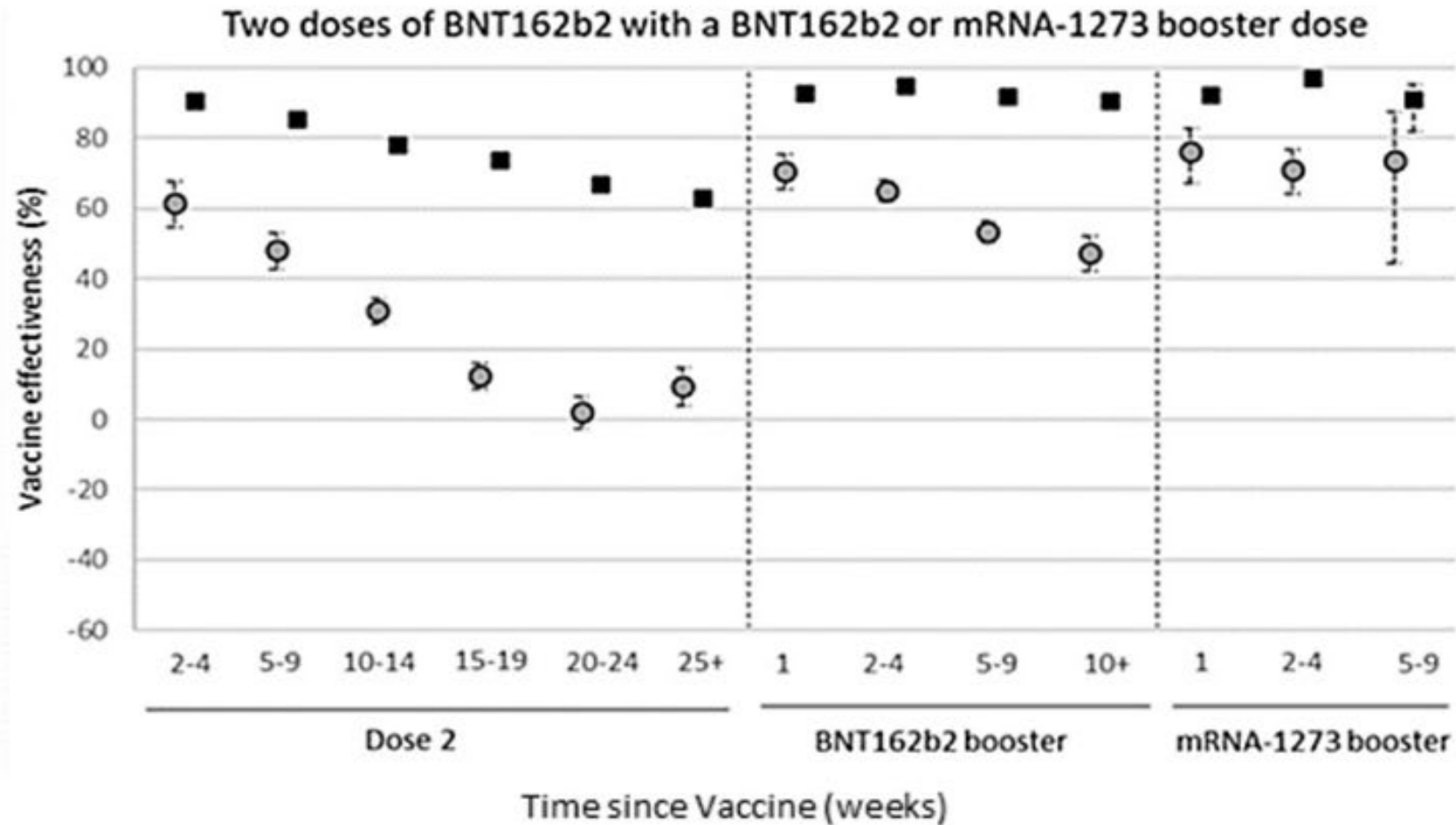
Figure 1. The period of infectiousness for immunocompetent, symptomatic adults (dotted line) and respiratory tract viral load with time (solid line).



The vertical dashed line represents symptom onset.

Slide Courtesy CDC: https://emergency.cdc.gov/coca/ppt/2022/011322_slides.pdf

Pfizer mRNA vaccine effectiveness (VE) is lower for symptomatic infection due to Omicron compared to Delta



- Delta
 - Omicron
- **Post 2-dose:** increased waning immunity for Omicron (~15%) vs. Delta (~60%) at 25+ weeks post 2nd dose
 - **Booster:** ~65% VE against Omicron 2 weeks; decreases to 45% at 10+ weeks

COVID-19 cases rapidly increased since the first U.S. Omicron case was reported on December 1, 2021

January 22, 2020* - January 05, 2022

57,898,239

Total Cases Reported

705,264

New Cases Reported**

586,391

Current 7-Day Average**

Dec 30, 2021 - Jan 05, 2022

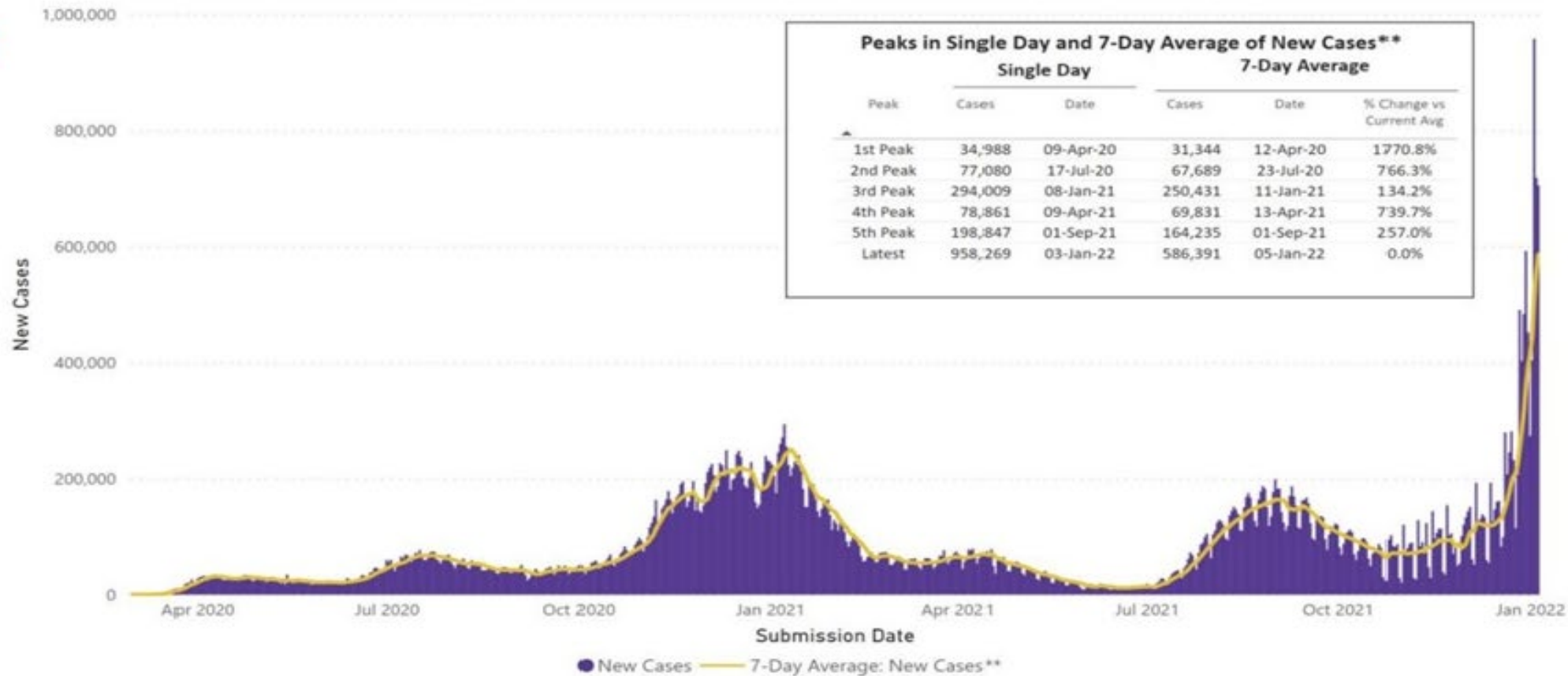
315,851

Prior 7-Day Average**

Dec 23, 2021 - Dec 29, 2021

85.7%

Change in 7-Day Average



*Graph displays data for Mar 01, 2020, to date. The totals include cases reported since Jan 22, 2020.

** The histogram, total of new cases in the last 24 hours, and 7-day averages do not include historical cases retroactively that are not yet attributed to the correct date of report. Of 352,811 historical cases reported retroactively, none were reported on the most recent submission date; 134 in the current week; and 621 in the prior week.

U.S. hospitalizations with confirmed COVID-19 are surpassing peaks from last winter

3,773,704

Total New Admissions
Aug 01, 2020 – Jan 04, 2022

19,232

New Admissions
Jan 04, 2022

16,458

Current 7-Day Average
Dec 29, 2021 – Jan 04, 2022

10,271

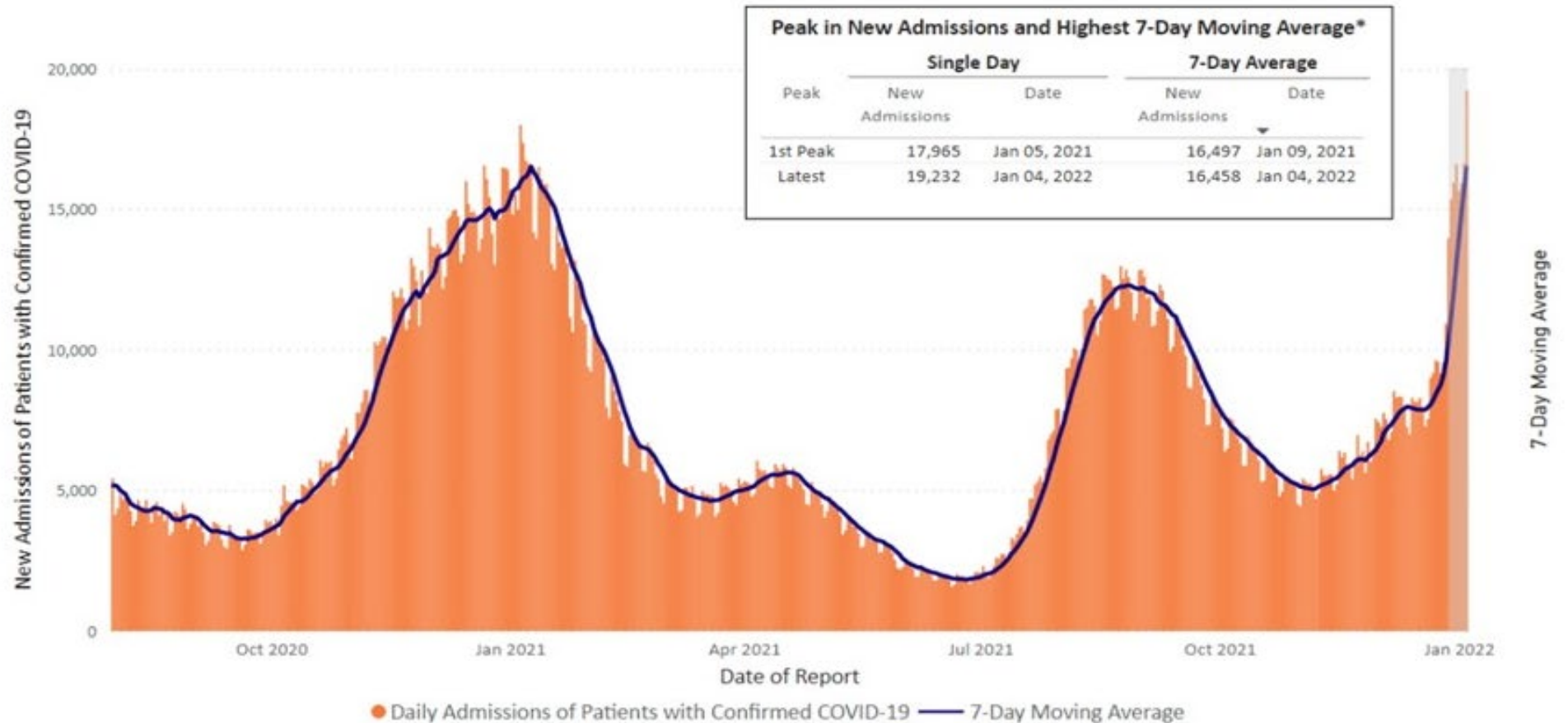
Prior 7-Day Average
Dec 22, 2021 – Dec 28, 2021

+60.2%

Change in 7-Day Average

-0.2%

Change Since Peak 7-Day Average



Isolation

- Who: Everyone who has presumed or confirmed COVID-19. People who have a positive viral test for COVID-19, regardless of whether or not they have symptoms.
 - People with symptoms of COVID-19, including people who are awaiting test results or have not been tested.
 - People with symptoms should isolate even if they do not know if they have been in close contact with someone with COVID-19.
- Duration: Stay home and isolate for at least 5 full days (day 0 is the first day of symptoms or the date of the day of the positive viral test for asymptomatic persons).
 - After 5 full days if fever-free for 24 hours without the use of fever-reducing medication AND
 - Other symptoms have improved (Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation).
- Mask: Wear a well-fitting mask when around others at home and in public for an additional 5 days.
- Do not travel during the 5-day isolation period
- For the full 10 days:
 - Avoid people who are immunocompromised or at high risk (nursing home etc.)
 - Places where unable to wear a mask (restaurant, gyms, etc.)

Quarantine

- Who should quarantine: Persons with close contact to a COVID-19 case who are not up to date on COVID-19 vaccines. This includes people who are not vaccinated.
- Who does not need to quarantine:
 - Persons who are **“up to date”** on the COVID-19 vaccinations
 - Persons confirmed COVID-19 within the last 90 days (positive viral test), recovered and remain asymptomatic
 - Schools may consider forgoing quarantine for students ages 12-17 years who completed their primary vaccine series but have not yet received all eligible boosters.
- Vaccination Status:
 - Fully vaccinated: Persons are considered to be fully vaccinated 14 days after completing their primary series (ex. 2 doses series for Moderna or Pfizer, or 1 dose of Johnson & Johnson).
 - Up to date: Persons who have completed both their primary series and received the booster dose (if eligible to receive a booster dose).
 - Boosted: Persons are considered boosted as soon as the booster dose is received.

Quarantine

- Stay home and away from other people for at least 5 days (day 0 through day 5) after your last contact with a person who has COVID-19.
- For 10 days after your last close contact with someone with COVID-19, watch for fever (100.4°F or greater), cough, shortness of breath, or other COVID-19 symptoms .
- If you develop symptoms, get tested immediately and isolate until you receive your test results. If you test positive, follow isolation recommendations.
- If you do not develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.
 - If negative: can leave your home, but continue to wear a well-fitting mask when around others at home and in public until 10 days after your last close contact
 - If positive: Follow isolation guidance
 - If unable to get tested follow 5 day guidance (same as above).
 - Avoid immunocompromised and/or persons at high risk for full 10 days.
- If unable to wear a mask then quarantine for 10 days
- Do not go places where unable to wear a mask (restaurants, gym, etc.) for 10 days

CDC's Updated Isolation and Quarantine Guidance

- What settings is the updated guidance intended?
 - General Population – Yes
 - K -12 Schools – Yes
 - Healthcare Personnel – No
 - Congregate settings, such as correctional institutions, homeless shelters, and LTCF – No
- Who is not included in the shorter isolation/quarantine recommendations?
 - Children < 2 years of age, or other individuals who are unable to wear a mask
 - People who cannot wear a mask
 - People with moderate illness (isolate for 10 days)
 - People with severe COVID-19 illness (isolate at least 10 days and possibly longer after symptom onset)
 - People who are immunocompromised

Considerations – Testing in Symptomatic Patients

- Optimal time frame for using antigen tests for diagnosis of SARS-CoV-2 infection in people with symptoms is early infection

