

PERRY COUNTY HEALTH DEPARTMENT

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YOU'RE A CLOSE CONTACT TO A POSITIVE CASE OF COVID-19, NOW WHAT?

Close contacts to positive cases of COVID-19 must stay home and quarantine after exposure until it is safe for them to be around others. Even if you test negative for COVID-19 or feel healthy, you should continue to stay home (no work, school, extra curriculars, etc.) since symptoms may appear 2 to 14 days after exposure to the virus.

WHAT COUNTS AS CLOSE CONTACT?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you
- You were within an enclosed space for an extended period of time with a positive case

OPTIONS FOR QUARANTINE FOR CLOSE CONTACTS.

- **OPTION 1:** 14 days following last date of exposure.
- **OPTION 2:** 10-day quarantine (from last date of exposure) for those who are asymptomatic (have no symptoms) with an additional 4 days of symptom monitoring and masking.
- **OPTION 3:** 7-day test out option where those who are exposed quarantine for 7 days after exposure if a test was taken on day 5 or later with a negative result. This test cannot be an at home test.

CDC data supporting the safety of these quarantine options can be found at <https://www.cdc.gov/coronavirus/2019-ncov/science/science-briefs/scientific-brief-options-to-reduce-quarantine.html>

These quarantine options are approved by the Center for Disease Control and Prevention (CDC) and have been adopted locally based on COVID-19 case threshold recommendations from the Missouri Department of Health and Senior Services.

The 14-day quarantine period from last exposure is still recommended when possible and is considered the gold standard. Anyone who is eligible to reduce their quarantine to 10 days or the 7-day test out option may only do so if they monitor for symptoms daily and experience no symptoms during the entire 14-day period. Other control measures (below) are needed until day 14 for anyone choosing the 10-day or 7-day test out quarantine option. If any symptoms develop during these days, the individual must immediately isolate away from others and contact the Health Department.

EXAMPLE OF HOW TO CALCULATE ESTIMATED LAST DAY OF ISOLATION/QUARANTINE:



You can return to normal activities (with precautions for 7-day and 10-day options) on the day following your last day of quarantine.

QUARANTINE OPTIONS AFTER EXPOSURE TO COVID-19

OPTION 1	OPTION 2	OPTION 3
<p>14 DAYS</p> <p>from your LAST exposure to the person who tested positive. You may return to work/ school/ day care on Day 15.</p> <p>CDC still maintains the 14-day quarantine is the gold-standard for reducing the spread of COVID-19</p> <p>No testing required.</p>	<p>10 DAYS</p> <p>from your LAST exposure to the person who tested positive. You may return to work/ school/ day care on Day 11 if no symptoms have been reported during daily monitoring.</p> <p>No testing required.</p> <p><i>With this strategy, residual post-quarantine transmission risk is estimated to be about 1% with an upper limit of about 10%.</i></p>	<p>7 DAYS</p> <p>from your LAST exposure to the person who tested positive. You may return to work/ school/ day care on Day 8 if no symptoms have been reported during daily monitoring</p> <p>AND</p> <p>You have a negative COVID-19 test (Test can be done on Day 5)</p> <p><i>With this strategy, the residual post-quarantine transmission risk is estimated to be about 5% with an upper limit of about 12%.</i></p>
<p>Persons can discontinue quarantine at these time points only if the following criteria are met:</p> <ul style="list-style-type: none"> • No clinical evidence of COVID-19 has been noted during daily symptom monitoring; and, • Daily symptom monitoring continues through quarantine Day 14; and, • Strict adherence through quarantine Day 14 to all recommended non-pharmaceutical interventions (NPIs*, a.k.a. mitigation strategies). • If any symptoms develop, you should immediately self-isolate and contact the local public health authority and/or your healthcare provider to report this change in clinical status. <p>*NPIs that can be practiced by individuals include the following: correct and consistent mask use, social distancing, hand and cough hygiene, environmental cleaning and disinfection, avoiding crowds, ensuring adequate indoor ventilation, and self-monitoring for symptoms of COVID-19 illness. These are also summarized here.</p>		

Additional information: <https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>

CLOSE CONTACTS MUST ALSO STRICTLY ADHERE TO THE FOLLOWING COVID-19 PRECAUTIONS DURING THE ADDITIONAL FOUR DAYS (IF 10-DAY QUARANTINE IS CHOSEN):

- correct and consistent mask use (including within their home when they may come in to contact with others from their household),
- social distancing,
- hand hygiene,
- environmental cleaning and disinfection,
- avoid crowds,
- ensure adequate indoor ventilation,
- monitor for symptoms of COVID-19 illness
- minimize contact with persons at increased risk for severe illness, including vulnerable and congregate populations

If a contact is unable to follow these control measures, the shortened quarantine period is not an option and they should continue to quarantine for the full 14-day period.

While the percentage of people who develop symptoms and test positive for COVID-19 dramatically decreases after 10 days, there have been individuals who have become positive during the last 4 days of quarantine.

SOME PEOPLE WHO ARE EXPOSED TO COVID-19 MAY NOT HAVE TO QUARANTINE, PER THE CDC, BASED ON THE SITUATIONS BELOW:

- People who have tested positive for COVID-19 within the past three months and recovered do not have to quarantine or get tested again as long as they do not develop new symptoms.
- People who develop symptoms again within three months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms, or they may need to quarantine.
- People who have been in close contact with someone who has had COVID-19 are not required to quarantine if they have been fully vaccinated against the disease and show no symptoms. You are considered fully vaccinated 2 weeks after your second dose in a two-shot series like Pfizer or Moderna vaccines, or 2 weeks after a single-dose vaccine such as Janssen (Johnson & Johnson) vaccine.)

SYMPTOMS OF COVID-19 MAY INCLUDE:

- Fever or feeling feverish (such as chills or sweating)
- Cough
- Shortness of breath or difficulty breathing (breathing faster than normal, feeling like you can't inhale or exhale, or wheezing, especially during exhaling or breathing out)
- Unusual fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If anyone feels they are experiencing symptoms, they should call their medical provider. The Health Department does not provide testing for COVID-19.

Residents are also encouraged to call the Perry County Health Department at 573-547-6564 if they have any questions or concerns. The Missouri Department of Health and Senior Services also has a 24-hour hotline available at 1-877-435-8411.

SHOULD I GET TESTED FOR COVID-19?

Individuals who have been identified as close contacts to a positive case of COVID-19 should seek testing if they begin to develop symptoms. There can be individuals who carry COVID-19 who never develop symptoms therefore, some individuals may still want to seek testing if they are an asymptomatic close contact due to their line of work, family members who are high risk, etc. If you are one of these individuals, we would not recommend getting tested any earlier than day 7. Even if you test negative for COVID-19 or feel healthy, you should continue to stay home (no work, school, extra curriculars, etc.) since symptoms may appear 2 to 14 days after exposure to the virus.

I'M A CLOSE CONTACT, BUT TESTED NEGATIVE. CAN I GO BACK TO WORK AND OTHER REGULAR ACTIVITIES?

Even if you test negative for COVID-19 or feel healthy, you should continue to stay home (no work, school, extra curriculars, etc.) since symptoms may appear 2 to 14 days after exposure to the virus.

DO HOUSEHOLD MEMBERS OF A POSITIVE CASE HAVE TO QUARANTINE LONGER THAN OTHERS?

The 14-day quarantine for close contacts starts after the last day close contact occurred with the positive case. For some households, depending on the size of the house or living situation, the positive case is not able to isolate from other members of the household. Therefore, other household members may not start their quarantine until after the positive case is recovered and no longer considered contagious.

ARE QUARANTINE GUIDELINES DIFFERENT FOR ESSENTIAL WORKERS?

The CDC has released guidance specifically for essential workers who are identified as close contacts. These individuals are allowed to break quarantine strictly for those purpose of working. This means close contacts of positive cases who are essential workers are only allowed to go to work and go home. They are not allowed to go to the store, attend social gatherings, etc.

When an essential worker is notified by the Health Department that they are a close contact, they are instructed to double check with their employer and if their employer is ok with it, then they can continue to go to work as long as the following conditions are met:

- They currently have no symptoms.
- They wear a mask the entire time they are at work
- IF they would start to experience any symptoms of COVID-19 at any time, they exclude from work immediately.
- They adjust their work activities in any way possible in order to stay 6 feet away from others. For example, do not car pool with others to work, do not eat in the lunch room with others, etc.

I'M A CLOSE CONTACT TO A POSITIVE CASE FROM ANOTHER COUNTY WHOSE QUARANTINE GUIDELINES ARE DIFFERENT THAN PERRY COUNTY'S WHERE I LIVE. WHICH SHOULD I FOLLOW?

Regardless of where the positive case in which you are a close contact lives, we would encourage all Perry County residents to follow quarantine guidelines for positive cases set forth by the Perry County Health Department.

I'M A BUSINESS OWNER WITH EMPLOYEES FROM SEVERAL COUNTIES WHOSE RULES ALL SEEM TO BE DIFFERENT, WHAT DO I DO?

The Local Health Department for the county in which an employee lives has the power to quarantine positive cases within their jurisdiction and set the length of time for that quarantine. As a business within Perry County, we ask that you follow local guidelines and recommendations when it comes to identifying close contacts within the work place.

MY WORK IS REQUIRING A LETTER STATING I'M A CLOSE CONTACT. DOES THE HEALTH DEPARTMENT PROVIDE THOSE?

Letters verifying individuals are a close contact, with a date on when they can return to normal activities, can be provided upon request. Letters are only provided for close contacts of Perry County Residents, who are close contact to a lab-confirmed or probable case.

Information on this FAQs is to provide general guidance. Guidelines and recommendations may vary based on specific circumstances, state guidance, or information gathered during a contact investigation.

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