

Health Advisory

COVID-19 Updates and Guidance on Duration of Isolation

July 28, 2020

Although cases of COVID-19 have been increasing rapidly in the western and southern areas of the U.S., case counts in Philadelphia have been relatively stable since mid-June. Presently, 130-160 infections are being reported daily. New hospitalizations and deaths are low, compared to peak occurrence in April 2020. In addition, the number of new COVID-19 cases and associated outbreaks being recognized in congregate settings, such as long-term care facilities and shelters, is low. The patient population being infected with SARS-CoV-2 in Philadelphia is growing increasingly younger. The percentage of cases with this infection by age group, in July compared to April, are: 12% and 3% for persons <20 yrs; 47% and 28% for 20-39 yrs; 26% and 32% for 40-59 yrs; 13% and 26% for 60-79 yrs; and 2% and 11% for >80 yrs, respectively.

SUMMARY POINTS

- COVID-19 case counts in Philadelphia remain relatively stable despite increases in other areas of the U.S.
- COVID-19 is increasingly affecting younger populations in Philadelphia (<40 yrs of age).
- Providers can assist contact tracing by assuring accuracy of patient contact info and discussing contact tracing with patients.
- Updated recommendations on duration of isolation and quarantine are included on the attached table.

PDPH has started to contact COVID-19 cases and their contacts to try to prevent continued spread of the virus. Contact tracing needs provider assistance to help assure success. Doing the following will greatly help COVID containment:

- **Confirm with the patient that their phone number and address on lab orders is accurate.** Please make sure any COVID test orders contain the latest patient phone number and address, so PDPH can reach them quickly.
- **Notify patients of test results ASAP.** PDPH has occasionally reached patients with COVID positive test results before their providers have informed them. PDPH thinks that patients should hear from their providers first, so please make notification calls ASAP.
- **Inform patients about PDPH Contact Tracing.** When testing and providing results to patients, let them know that PDPH will call those who test positive. Assure patients that providing information on close contacts helps to protect their loved ones and to get our City back to a 'new normal'. Additional details can be found at www.phila.gov/covid by clicking on the "contact tracing" tab.

Criteria to Discontinue Isolation or Quarantine for Persons Exposed to or with Confirmed/Suspected COVID-19

	Discontinue isolation in infected persons after the following:	Discontinue quarantine for exposed persons after the following:
<p>Healthcare Workers (including staff in long-term care, behavioral health, and drug/alcohol treatment facilities)</p>	<p><i>Symptom-based strategy:</i></p> <ul style="list-style-type: none"> • 10 days after onset of symptoms AND • 1 day without fever off antipyretics AND • Symptoms have improved AND • Wear masks after return to work for 14 days after symptom onset.* <p><i>Test-based strategy:</i></p> <ul style="list-style-type: none"> • Resolution of fever off antipyretics AND • Symptoms have improved AND • 2 negative SARS-CoV2 PCR test respiratory specimens collected at least 24 hours apart <p><i>Asymptomatic: Time-based strategy</i></p> <ul style="list-style-type: none"> • 10 days after positive test <p>*Universal masking is recommended for all personnel in healthcare facilities and other congregate settings.</p>	<ul style="list-style-type: none"> • Self-isolate for at least 7 days after exposure AND • 1 negative SARS-CoV test at least 7 days after last exposure AND • Continue to self-monitor for symptoms through Day 14 <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> • No work exclusion regardless of exposure risk with twice daily symptom monitoring, including temperature checks AND • Wear mask while at work for 14 days after exposure.* <p>*Universal masking is recommended for all personnel in healthcare facilities and other congregate settings.</p>

<p>Hospitalized Patients</p>	<p><i>Symptom-based strategy</i></p> <ul style="list-style-type: none"> • 20 days after onset of symptoms* AND • 1 day without fever off antipyretics AND • Symptoms have improved <p><i>Asymptomatic: Time-based strategy</i></p> <ul style="list-style-type: none"> • 10 days after positive test <p>*CDC guidelines permit for discontinuation of isolation at 10 days in patients with <u>mild to moderate illness</u> who are not severely immunocompromised.</p>	<p>14 days after last exposure</p> <p>Note: This applies to persons who are hospitalized for a condition other than COVID, but incidentally had an exposure.</p>
<p>Non-Hospitalized Patients</p>	<p><i>Symptom-based strategy</i></p> <ul style="list-style-type: none"> • 10 days after onset of symptoms AND • 1 day without fever off antipyretics AND • Symptoms have improved <p><i>Asymptomatic: Time-based strategy</i></p> <ul style="list-style-type: none"> • 10 days after positive test 	<p>14 days after last exposure</p> <p>Note: For household contacts of a person with COVID-19 infection, quarantine ends 14 days after the end of isolation for the person with infection (i.e. the sick person isolates for 10 days and household contacts quarantine for an additional 14 days after the end of that 10 day period).</p>
<p>Non-Healthcare workers (including early childcare workers, teachers)</p> <p>Children attending early childcare, camp, or school</p>	<p><i>Symptom-based strategy</i></p> <ul style="list-style-type: none"> • 10 days after onset of symptoms AND • 1 day without fever off antipyretics AND • Symptoms have improved <p><i>Asymptomatic: Time-based strategy</i></p> <ul style="list-style-type: none"> • 10 days after positive test 	<p>14 days after last exposure</p> <p>Note: Testing 7-14 days after exposure is an option but is not required for lifting quarantine.</p>

<p>Residents in Long-term Care Facilities</p>	<p><i>Symptom-based strategy</i></p> <ul style="list-style-type: none"> • 20 days after onset of symptoms* AND • 1 day without fever off antipyretics AND • Symptoms have improved <p><i>Asymptomatic: Time-based strategy</i></p> <ul style="list-style-type: none"> • 20 days after positive test <p>*CDC guidelines permit for discontinuation of isolation at 10 days in patients with <u>mild to moderate illness</u> who are not severely immunocompromised.</p> <p>Note: Patients with COVID-19 do not have to complete isolation prior to transfer to a LTCF. Transfer of a patient with COVID-19 prior to the end of isolation requires communication of the patient’s COVID status to the receiving facility, which has the discretion to refuse the patient if they cannot adhere to the infection prevention recommendations and there is risk of transmission to other patients in the facility.</p>	<p>14 days after last exposure</p>
<p>Residents in Other Congregate Settings (e.g. homeless shelters, rehab facilities, prisons)</p>	<p><i>Symptom-based strategy</i></p> <ul style="list-style-type: none"> • 10 days after onset of symptoms AND • 1 day without fever off antipyretics AND • Symptoms have improved <p><i>Asymptomatic: Time-based strategy</i></p> <p>10 days after positive test</p>	<p>14 days after last exposure</p>

<p>Severely Immunocompromised Persons (including transplant recipients, inherited immunodeficiencies, and poorly controlled HIV)</p>	<p><i>Symptom-based strategy</i></p> <ul style="list-style-type: none"> • 20 days after onset of symptoms AND • 1 day without fever off antipyretics AND • Symptoms have improved <p><i>Test-Based Strategy</i></p> <ul style="list-style-type: none"> • Resolution of fever off antipyretics AND • Symptoms have improved AND • 2 negative SARS-CoV2 PCR test respiratory specimens collected at least 24 hours apart <p><i>Asymptomatic: Time-based strategy</i></p> <ul style="list-style-type: none"> • 20 days after positive test 	<p>14 days after last exposure</p>
<p>Non-Healthcare workers (including early childcare workers, teachers)</p> <p>Children attending early childcare, camp, or school</p>	<p><i>Symptom-based strategy</i></p> <ul style="list-style-type: none"> • 10 days after onset of symptoms AND • 1 day without fever off antipyretics AND • Symptoms have improved <p><i>Asymptomatic: Time-based strategy</i></p> <ul style="list-style-type: none"> • 10 days after positive test 	<p>14 days after last exposure</p> <p>Note: Testing 7-14 days after exposure is an option but is not required for lifting quarantine.</p>
<p>Persons traveling to Philadelphia from a different country or a state with high COVID-19 incidence (including all red states on the map at this link)</p>	<p>N/A</p>	<p>14 days after traveling to Philadelphia</p> <p>Note: If self-quarantine is not practical, wear masks at all times at the workplace or near other non-household members. Monitor closely for the development of new onset cough, fever, or other COVID-19 symptoms for 14 days.</p>