COVID 19 UPDATE

DEFINITIONS OF PUBLIC HEALTH TERMS

FROM DR SLAGLE, MD

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What exactly is all of this quarantine, isolation, direct contact, and indirect contact stuff?

As local cases increase in our communities of Menominee and Shawano counties, almost everyone may feel "connected" somehow to a positive case of Covid 19. There is a whole new vocabulary of words used to describe these situations. The words are confusing and not commonly used. Below is some of the new "Covid Vocabulary"

Positive Case: a person who has had a positive Covid test or who has been told by a medical provider he/she has Covid 19 infection based on specific signs and symptoms (being sick but no test done).

When a positive case is identified, that person will be asked to remember and name everyone they have been around beginning 2 days prior to date symptoms started. That list is called the contact list. The process of making the contact list and contacting those people is called contact tracing. People trained in public health are contact tracers.

People on the contact list will be notified by contact tracers they are contacts of a positive case, but they cannot be told the name of the positive case.

Direct Contact: a person who has been in direct contact with a positive case of Covid 19. There are 2 types of direct contacts:

1. Household contact: a person living in the same home with a positive case.

2. Non-house hold contact: being near the positive case 2 days before the positive case developed symptoms and any time after that until the positive case is believed to have recovered.

   Direct contact in this situation is defined as: being within 6 feet of the positive case for 10 minutes or more.
   For non-household contacts being in the same room at a different time, touching the same objects later, such as in a work space, are not "direct contact". In these situations, safety recommendations for frequent hand washing or using sanitizer provide protection. (and the reason we must still keep doing these things!)

   When do Direct Contacts Need Covid 19 testing:

- Federal and State Guidelines do not recommend testing for direct contacts unless they develop symptoms of Covid 19 infection. (There are some exceptions such as law enforcement or health care providers without personal protective equipment).

- **Tests for Covid 19 usually do not turn positive until 4 days after infection was acquired. So, testing immediately after exposure, when no symptoms are present, does not rule out infection.**
- **Menominee Tribal Clinic will test Direct Contacts at a time which is medically appropriate (at least 4 days from last contact with a positive case or if symptoms develop<u>), as long as we have enough testing supplies available.</u> Because quarantine will still likely be necessary, you will not get a "Quick Test" unless abundant supplies are available. The other testing option takes 3-4 days to get results.**
- **Regardless of testing results, public health will still determine how long quarantine is needed.**
- **If you are notified you are a Direct Contact and have symptoms of infection (sore throat, runny nose, fever >100 degrees, body aches, headache, cough, shortness of breath, diarrhea or vomiting, or loss of taste or smell) call your primary care provider to get tested immediately.**
- **If you are identified as a Direct Contact, have no symptoms but want to be tested, call your primary care provider to decide when testing should occur.**

<u>Indirect Contact:</u> You live with, work with, or have social contact with a Direct Contact but you have not been with a positive case. <u>Your directive is to follow basic safety precautions for Covid 19.</u>

<u>NEXT, ISOLATION AND QUARANTINE:</u>

You will be informed by your medical provider if you need Isolation (meaning you have Covid 19 infection.)

You will be contacted by a public health contact tracer if you need to Quarantine (you are a Direct Contact).

<u>Isolation</u>: is the term used for separation of individuals who have symptoms and are sick (or test positive).   Isolation is done because people who are sick may be transmitting the virus. The timeframe for isolation is selected based on evidence for how long a person may be contagious.

<u>ISOLATION</u>:   As soon as someone develops symptoms of COVID-19, they should immediately isolate and contact their health care provider to arrange a way to get tested. Once a person is tested, the person must remain in isolation until results are received. Results may take a few days to return.

With a negative result, a person should remain in isolation until there has been no fever (without medication) and symptoms have been improved (without medication) for at least 24 hours.

With a positive result, isolation continues until it has been at least 10 (this number has been updated from previous information) days since symptoms first began AND at least 3 full days since symptoms (including fever) have greatly improved (without medication).

<u>Quarantine</u> is the term used for separation of individuals who are healthy and symptom free but have had close contact or exposure to someone who is sick (direct contacts). Quarantine is done

because people who are exposed to someone who is sick could also have the virus without having symptoms. People who are not symptomatic may also be spreading the virus. The timeframe for quarantine is selected based on the time it takes for a person to develop the virus or develop symptoms since the time they are exposed.

QUARANTINE: If someone is a non-household contact (within 6 feet 10 minutes or more) to another person who has tested positive for COVID-19, they should quarantine. <u>The 14 day quarantine for a close contact begins AFTER the last contact with the person who tested positive for COVID-19.</u>

Quarantine must also be done for household contacts to positive cases because of the difficulty keeping people separated within a household.   A household contact should be in quarantine the entire time that the person with a positive result is in isolation. However, the 14-day quarantine begins AFTER the last contact with the person who tested positive. So, if you are unable to keep complete separation in the household, quarantine starts AFTER the person who tested positive is released from isolation (or well). This may mean the person with a positive test result may be released from isolation before the household members are released from quarantine. <u>In other words, the minimum time of quarantine for a household member of a person who tests positive for COVID-19 (if unable to completely separate in the household) may be up to 24 days.</u>

Specific instruction about how to isolate or quarantine are provided by public health workers.

Note that if a public health professional instructs someone to Isolate, and chooses to disobey the instructions, Menominee Tribe has laws which will enforce isolation to protect the public health.