

# ISOLATION GUIDANCE: HEALTH CARE WORKERS NOT DEFINED IN AFL 21-0.8.7



Health care workers shall **isolate**, except in the situation of a contingency or crisis situation, until:

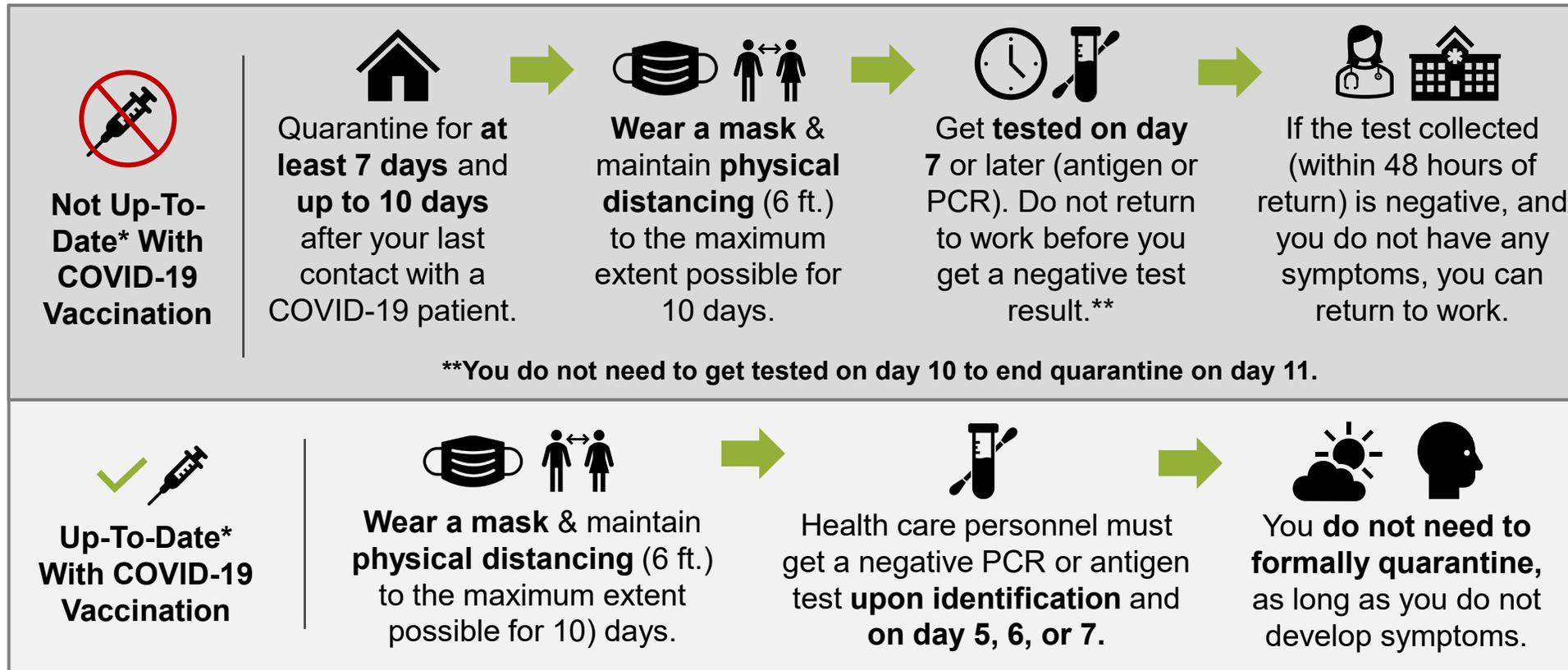
 <p>Health care workers who are asymptomatic, or have mild and improving symptoms</p>	<p><b>Without Testing</b></p>  =  <p>Isolate for <b>10 days</b> after symptoms first appeared or after your first diagnostic test</p>	<p><b>With Testing. Do not return to work before you get a negative test result. If the test result is positive, you can get tested again. You do not have to test on day 10 to return on day 11.</b></p> <table border="0"> <tr> <td data-bbox="1095 485 1668 899"> <p><b>NOT Up-To-Date*</b> on COVID-19 Vaccination</p>  =  +  <p>Isolate for <b>7 Days</b>. Get tested on day 7 or later after symptoms first appeared or after your first diagnostic test.</p> </td> <td data-bbox="1668 485 2191 899"> <p><b>Up-To-Date*</b> on COVID-19 Vaccination</p>  =  +  <p>Isolate for <b>5 Days</b>. Get tested on day 5 or later after symptoms first appeared or after your first diagnostic test.</p> </td> </tr> </table>		<p><b>NOT Up-To-Date*</b> on COVID-19 Vaccination</p>  =  +  <p>Isolate for <b>7 Days</b>. Get tested on day 7 or later after symptoms first appeared or after your first diagnostic test.</p>	<p><b>Up-To-Date*</b> on COVID-19 Vaccination</p>  =  +  <p>Isolate for <b>5 Days</b>. Get tested on day 5 or later after symptoms first appeared or after your first diagnostic test.</p>
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 <p>Health care workers with severe or critical illness</p>	 <p>Isolate for <b>20 days</b> after the onset of symptoms. Do not end isolation until at least 24 hours after last fever and until other symptoms have improved.</p>				
 <p>In addition to these conditions, health care workers with a history of <b>mild to moderate immunocompromise</b> require internal occupational health consultation before returning to work.</p>					

\*People are considered current and up-to-date ≥2 weeks after the second dose in a 2-dose series (Pfizer-or Moderna), or ≥2 weeks after they have received a single-dose vaccine (Johnson & Johnson). However, if more than 6 months has passed since receiving the second dose in a 2-dose series (Pfizer or Moderna), or more than 2 months from a 1-dose series (J&J), a booster is required to be considered current and up-to-date.

# QUARANTINE GUIDANCE: HEALTH CARE WORKERS NOT DEFINED IN AFL 21-0.8.7



**County of San Diego: Health Officer Order – Quarantine** Quarantine is for people who have been in close contact with someone either diagnosed with COVID-19 or likely to have COVID-19 (COVID-19 patient).



\*People are considered current and up-to-date  $\geq 2$  weeks after the second dose in a 2-dose series (Pfizer-or Moderna), or  $\geq 2$  weeks after they have received a single-dose vaccine (Johnson & Johnson). However, if more than 6 months has passed since receiving the second dose in a 2-dose series (Pfizer or Moderna), or more than 2 months from a 1-dose series (J&J), a booster is required to be considered current and up-to-date.

# QUESTIONS REGARDING HCP QUARANTINE GUIDANCE



## What does “formally quarantine” mean? Do they need to quarantine if asymptomatic?

- a. If asymptomatic AND up to date with vaccinations, they do not need to quarantine. It might be easier to disregard the word “formally.”



### County of San Diego

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PUBLIC HEALTH OFFICER

#### ORDER OF THE HEALTH OFFICER (Quarantine of Persons Exposed to COVID-19)

The spread of coronavirus disease 2019 (COVID-19) is a substantial threat to the public's health. San Diego County is currently subject to a declared local health emergency and a proclaimed local emergency due to the COVID-19 pandemic, and the Governor of the State of California proclaimed a state of emergency. Everyone is at risk for becoming ill with COVID-19, but some people are more vulnerable to serious illness due to age or underlying health conditions. In order to slow the spread of COVID-19, and prevent the healthcare system in San Diego County from being overwhelmed, it is necessary for the Health Officer of the County of San Diego (Health Officer) to require the quarantine of persons exposed to COVID-19.

Household contacts, intimate partners, caregivers, and any other person who have been in close contact with a person either diagnosed with COVID-19, or likely to have COVID-19 (COVID-19 Patient), must quarantine themselves. A “close contact” is a contact with a COVID-19 Patient that occurs anywhere between 48 hours before the COVID-19 Patient's symptoms began (or, for asymptomatic patients, 2 days prior to test specimen collection), and until the COVID-19 Patient is no longer required to be isolated, and where they:

1. Were within 6 feet of a COVID-19 Patient for a cumulative total of 15 minutes or more over a 24-hour period; or
2. Had unprotected contact with the body fluids and/or secretions (including, but not limited to, being coughed on or sneezed on, sharing utensils, or drinking out of the same container) of a COVID-19 Patient.

The Health Officer therefore **ORDERS** pursuant to California Health and Safety Code sections, 101040, 101030, 120175, 120215, 120220, and 120225:

1. **All persons who are not up-to-date with COVID-19 vaccination\* without COVID-19 symptoms who have had close contact with a COVID-19 patient must quarantine** themselves in their home or another residence **for at least 5 days and up to 10 days** after the last contact with a COVID-19 Patient, based on current CDC and CDPH recommendations. All asymptomatic close contacts may discontinue quarantine after Day 5 from the date of last exposure **with a**

\*People are considered current and up-to-date for COVID-19 ≥2 weeks after they have received the second dose in a 2-dose series (Pfizer-BioNTech or Moderna), or ≥2 weeks after they have received a single-dose vaccine (Johnson and Johnson/Janssen). However, if **more than 6 months** has passed since receiving a second dose in a 2-dose series (Pfizer-BioNTech or Moderna), or **more than 2 months** from a 1-dose series (Johnson and Johnson/Janssen), a **booster is required to be considered current and up-to-date**.

# QUESTIONS REGARDING HCP QUARANTINE GUIDANCE CONT...



**“Health care personnel under this section must additionally obtain a negative PCR or antigen test upon identification and on Day 5, 6 or 7.”**

**a. Does this mean upon identification of exposure?**

i. Yes, as soon as you find out so that way you know if they’re asymptomatic positive

**b. If so, HCP needs to test negative upon identification of exposure, at day 5 and again on day 6 or 7? So HCP are testing 3 times?**

i. Only twice (not 3 times) is being required in the health order. At identification of exposure and then one more time at day 5-7.



# QUESTIONS REGARDING HCP QUARANTINE GUIDANCE CONT...



**HCP who are asymptomatic can continue to work after exposure as long as they test. What is the rationale for this? This seems counterintuitive. What if the HCP ends up testing positive and now, they've worked five days and have potentially spread the virus?**

- a. Yes, as long as they test negative at identification of exposure and day 5-7, continue to monitor symptoms, and wear a mask and distance as much as possible, they can continue to work. We also recommend wearing N95 masks for source control. You are correct that there is a chance of further spread but these steps help minimize risk of spread AND balance the shortage of HCWs due to the surge. Any organization can always choose to be more restrictive if they choose to.

