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Patricia Schnabel Ruppert, D.O., M.P.H., CPE, DABFM, FAFP
Commissioner of Health

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Dear Doctor, Nurse Practitioner, Physician Assistant:

The COVID-19 pandemic remains a very serious concern. Please consider the Rockland County Department of Health your partner in this emergency by providing you with vital information and guidance.

Attached is a set of algorithms and information to assist you in making decisions about the isolation and quarantine of patients. If additional clarification is needed, you may call Dr. Germaine Jacquette at the Rockland County Department of Health at (845) 364-2513 during daytime hours.

Additionally, you may refer your patients to the Rockland County Department of Health's

- COVID-19 Call Center at 845-238-1956 for questions, complaints, and violations
- COVID-19 website for information and guidance
<http://rcklnd.us/covid19> .
- Isolation and Quarantine Instructions
<https://bit.ly/3khBB6H>

I hope you find these resources helpful. Your feedback is welcome.
Thank you.

Sincerely,



Patricia S. Ruppert, DO, MPH, CPE, DABFM, FAFP
Commissioner of Health
Rockland County Department of Health

Isolation and Quarantine of COVID-19 Patients

Introduction and Definitions

This packet contains guidance for you and your patients about isolation and quarantine, which involve similar instructions but differ in the reasons for social separation and duration.

Isolation

Isolation is used for individuals diagnosed with illness and begins at the onset of symptoms, including non-respiratory symptoms, or the day a positive SARS-CoV-2 test was taken on an asymptomatic person.

Isolation period

- A. **10 days** – typical period of viral shedding/contagiousness for most COVID-19 patients
- B. **10-20 days** – period of viral shedding for severely ill and/or severely immunocompromised patients

Isolation may end when all conditions are met

1. 10 days minimum from the date of symptom onset, including non-respiratory symptoms, or positive test.
2. Resolution of fever for at least 24-hours, without the use of fever-reducing medication
3. Improvement of other symptoms

Isolation Instructions for the patient

- ❖ Stay at home unless medical care is needed.
- ❖ Stay in a separate room/area from others in the household. Use a separate bathroom, if possible, and wipe bathroom surfaces with disinfectant after use.
- ❖ Arrange to have food, water, and other necessities brought to you and left outside the door.
- ❖ When close contact with others is necessary, all persons should wear face-coverings.
- ❖ Cover coughs and sneezes; dispose of tissues to avoid contact with surfaces and others.
- ❖ Wash hands for 20 seconds or sanitize often and especially after contact with respiratory fluids.

Quarantine

Quarantine is for persons who may have been exposed to SARS-CoV-2 for the duration of viral incubation. The incubation period is the time between exposure to the virus and the appearance of first symptoms. This period is 2 to 14 days with a median of 5 days.

Quarantine period

- A. **14 days** –Even if no symptoms occur during this period, the full 14 days of quarantine are necessary.
- B. If symptoms begin or patient receives a COVID-19 test result, the patient becomes a case and a 10 to 20-day period of isolation begins from date of symptom onset or the day the positive test was taken.

Quarantine instructions for the patient

- ❖ See the isolation instructions above. In addition, instruct patient to take temperature twice a day and observe for symptoms.

Testing of contacts - A New York State executive decision takes precedence over the national recommendation to reduce or eliminate some testing of contacts¹. NYS providers will continue testing contacts of COVID-19 cases.

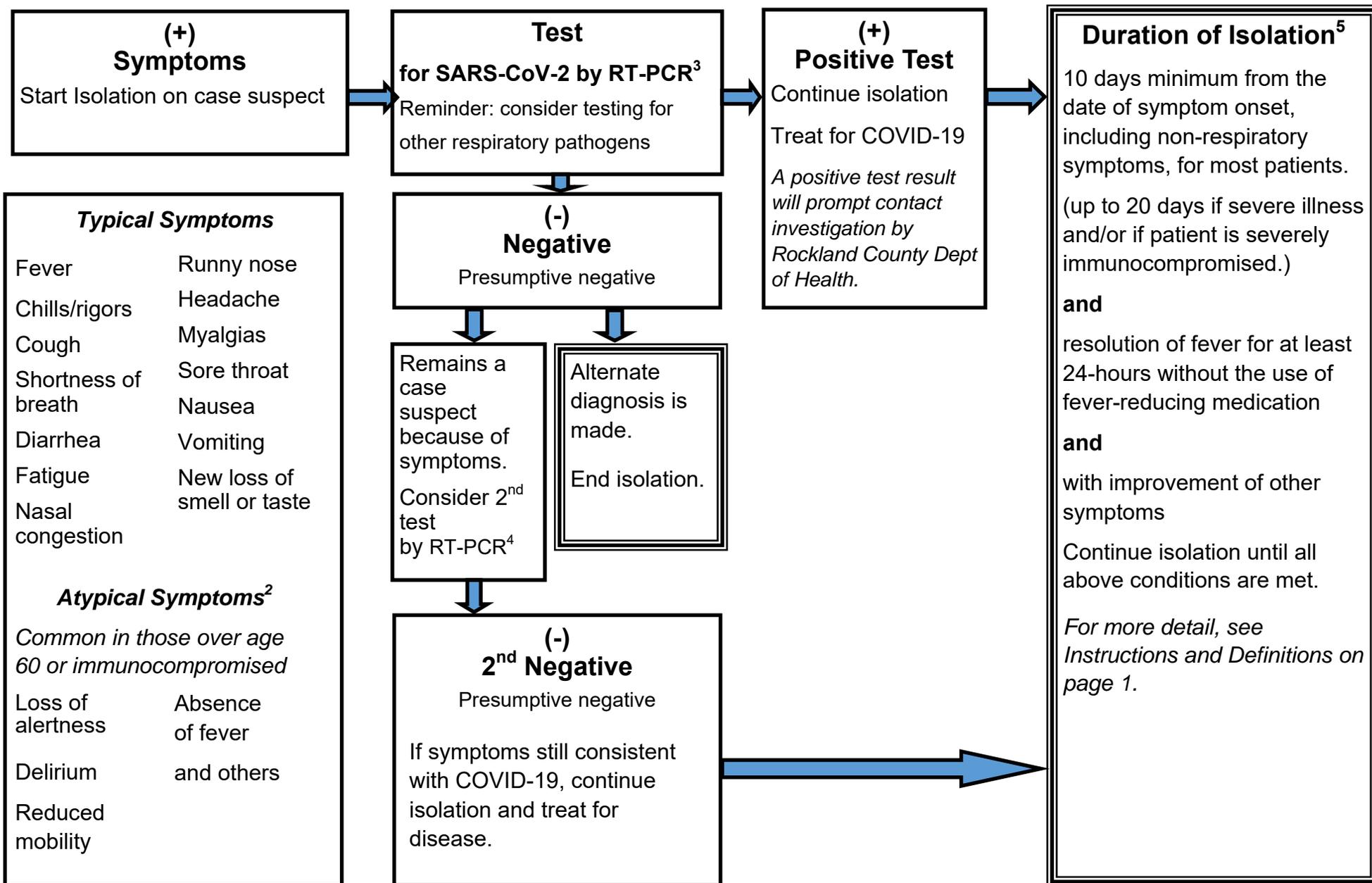
Health care or long-term care facility workers - Special guidance may be needed for workers in this industry who are exposed to and/or test positive for SARS-CoV-2. For detailed information:

https://coronavirus.health.ny.gov/system/files/documents/2020/07/health_advisory_rtn_to_work_7-03.pdf

<https://coronavirus.health.ny.gov/information-healthcare-providers>

Isolation of Symptomatic COVID-19 Patients

Objective: to assist health care providers in decision-making regarding isolation of patients with symptoms of COVID-19. Please note that these guidelines cannot always account for individual variation among patients.



Typical Symptoms

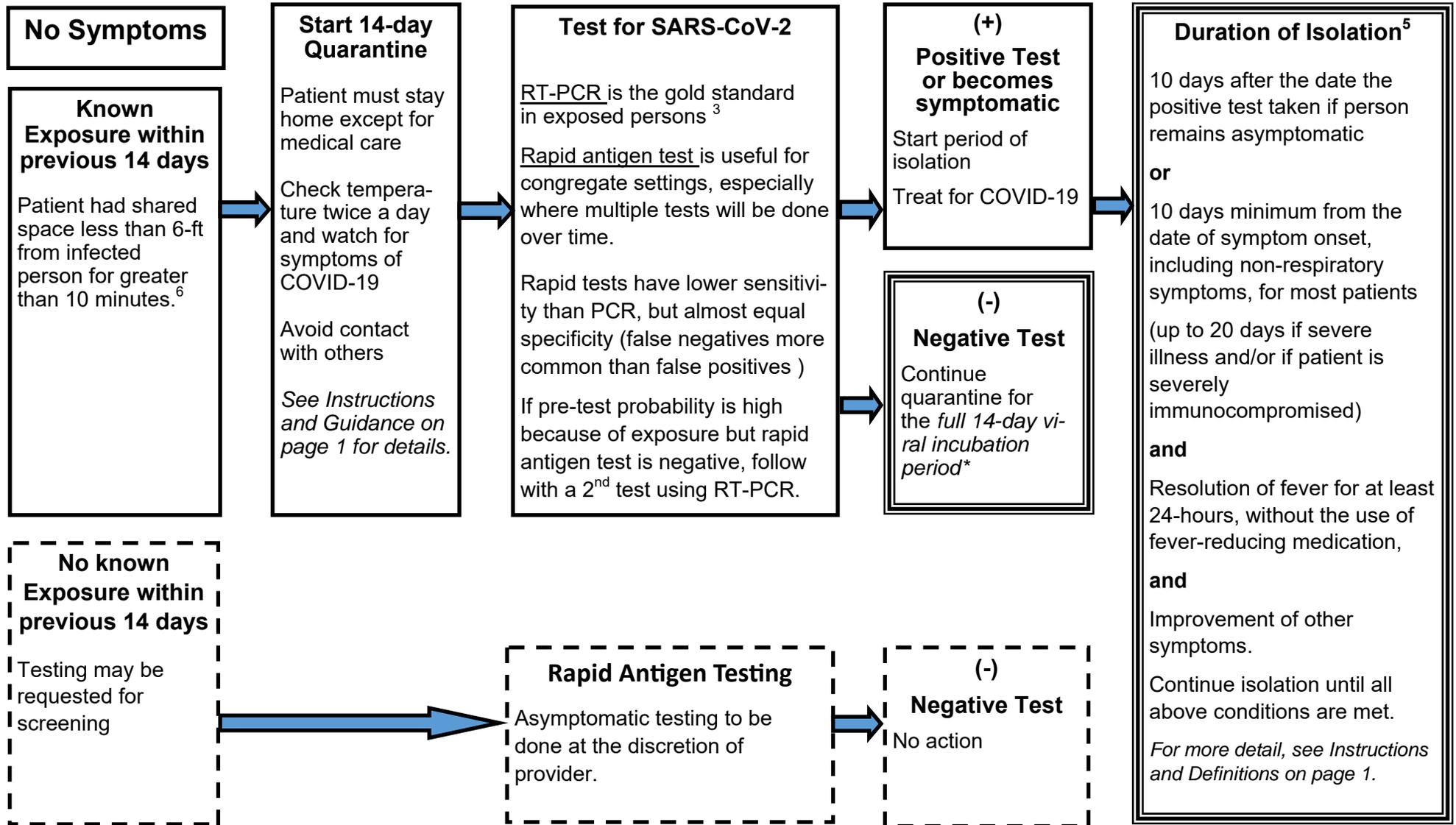
Fever	Runny nose
Chills/rigors	Headache
Cough	Myalgias
Shortness of breath	Sore throat
Diarrhea	Nausea
Fatigue	Vomiting
Nasal congestion	New loss of smell or taste

Atypical Symptoms²
Common in those over age 60 or immunocompromised

Loss of alertness	Absence of fever
Delirium	and others
Reduced mobility	

Quarantine and Potential Isolation of **Asymptomatic** COVID-19 Patients

Objective: to assist health care providers in decision-making regarding quarantine and potential isolation of patients who are asymptomatic for COVID-19. Please note that these recommended guidelines cannot always account for individual variation among patients.



*Quarantine guidance for healthcare workers differs from that of the general public's. See Instructions and Definition on page 1.

Footnotes for Isolation and Quarantine of COVID-19 Suspects and Cases

¹On 08/27/2020, Joint Statement from Governor Cuomo, Governor Murphy, and Governor Lamont On Federal Decision to Weaken COVID-19 Testing Guidelines <https://www.governor.ny.gov/news/joint-statement-governor-cuomo-governor-murphy-and-governor-lamont-federal-decision-weaken>

² WHO document “Clinical Management of COVID-19 - Interim Guidance,” 27 May 2020. <https://apps.who.int/iris/handle/10665/332196>

³CDC document “Interim Guidance for Rapid Antigen Testing for SARS-CoV-2 Using Antigen Tests,” Updated Aug. 29, 2020. <https://www.cdc.gov/coronavirus/2019-ncov/lab/resources/antigen-tests-guidelines.html>

⁴CDC guidance document “Discontinuation of Transmission-Based Precautions and Disposition of Patients with COVID-19 in Healthcare Settings- Interim Guidance,” Aug. 10, 2020 <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-hospitalized-patients.html>

⁵CDC guidance document “Duration of Isolation and Precautions for COVID-19,” Updated Aug. 16, 2020 <https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html>

⁶NYS guidance document “Interim Guidance for Public and Private Employees Returning to Work Following COVID-19 Infection or Exposure,” May 31, 2020 https://coronavirus.health.ny.gov/system/files/documents/2020/06/doh_covid19_publicprivateemployee_returntowork_053120.pdf

Additional references

Rockland County COVID-19 website including guidance on isolation and quarantine for patients <https://rocklandgov.com/departments/health/coronavirus-covid-19/>

CDC guidance documents from beginning of SARS-CoV-2 pandemic <https://www.cdc.gov/coronavirus/2019-ncov/communication/guidance-list.html>

“Diagnostic Testing for SARS-CoV-2. Interim Guidance,” WHO, 11 September 2020. <https://apps.who.int/iris/handle/10665/334254>

“Infectious Diseases Society of America Guidelines on the Diagnosis of COVID-19,” IDSA, May 6, 2020. <https://www.idsociety.org/practice-guideline/covid-19-guideline-diagnostics/>

COVID-19: Quarantine vs. Isolation

QUARANTINE keeps someone who was in close contact with someone who has COVID-19 away from others.



If you had close contact with a person who has COVID-19



- Stay home until 14 days after your last contact.



- Check your temperature twice a day and watch for symptoms of COVID-19.



- If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.

ISOLATION keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.



If you are sick and think or know you have COVID-19



- Stay home until after
 - At least 10 days since symptoms first appeared **and**
 - At least 24 hours with no fever without fever-reducing medication **and**
 - Symptoms have improved



If you tested positive for COVID-19 but do not have symptoms



- Stay home until after
 - 10 days have passed since your positive test



If you live with others, stay in a specific “sick room” or area and away from other people or animals, including pets. Use a separate bathroom, if available.

