2019 NOVEL CORONAVIRUS RESOURCES

FOR LOCAL PUBLIC HEALTH PARTNERS

Last Updated 3/29/2021

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GUIDANCE

Travel related guidance for COVID-19

Travel can increase your chance of spreading and getting COVID-19. Postponing travel and staying home is the best way to protect yourself and others from COVID-19.

If you do decide to travel, take these steps to protect yourself and others from COVID-19:

- Get tested with a viral test 1-3 days before your trip. Make sure you have the results of your negative test before you travel. Keep a copy of your results with you during travel; you might be asked for them.
- Do not travel if you test positive. Immediately isolate yourself, and follow public health recommendations.
- Get tested again with a viral test 3-5 days after your trip and stay home and self-quarantine for a full 7 days after travel, even if your test is negative. If you don't get tested, stay home and self-quarantine for 10 days after travel.

Note: CDC does not recommend testing asymptomatic individuals again in the three months after a positive viral test

If you are eligible, get fully vaccinated for COVID-19. Wait 2 weeks after getting your second vaccine dose to travel - it takes time for your body to build protection after any vaccination.

Vaccinated individuals should still follow the above guidance when travelling.

Note: There is no standard definition of travel. Common examples may include, but are not limited to: all airline travel, domestic travel including overnight stays outside of the home, and long-distance trips via bus or train. Airports, bus and train stations, and rest stops are all places travelers can be exposed to the virus in the air and on surfaces. These are also places where it can be hard to social distance. Travelers also often participate in group activities that may put them at increased risk.

Note: All air passengers coming to the United States, including U.S. citizens, are required to have a negative COVID-19 test result or documentation of recovery from COVID-19 before they board a flight to the United States. For more information, visit www.cdc.gov/coronavirus/2019-ncov/travelers/testing-international-air-travelers.html.

Note: Masks are required on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and in U.S. transportation hubs such as airports and stations. For more information, visit www.cdc.gov/coronavirus/2019-ncov/travelers/face-masks-public-transportation.html.

Note: Several Presidential proclamations established restrictions on the entry of certain travelers into the United States in an effort to help slow the spread of coronavirus disease 2019 (COVID-19). For more information, visit www.cdc.gov/coronavirus/2019-ncov/travelers/from-other-countries.html.

For full guidance about travel and COVID-19, visit www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html.

Quarantine or isolation: What's the difference?
Quarantine keeps someone who might have been exposed to the virus away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions

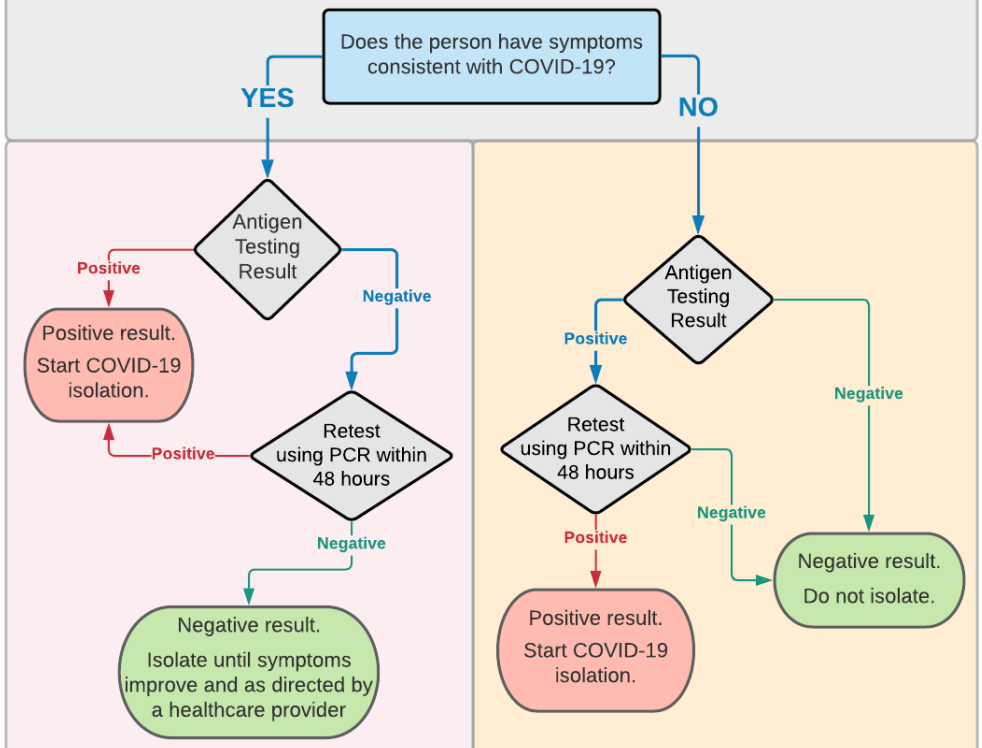
Isolation keeps someone who is infected with the virus away from others, even in their home.

Isolation guidance for sick and/or COVID-19 positive members of the general public
Persons with symptoms of COVID-19 should self-isolate (this includes persons who test positive, persons who are not tested) until after these three things have happened:

- They have had no fever for at least 24 hours (that is one full day of no fever without the use of medicine that reduces fevers) **AND**
- Their other symptoms have improved (for example, when your cough or shortness of breath has improved) **AND**
- At least 10 days have passed since their symptoms first appeared.

The above guidance applies to both unvaccinated and vaccinated individuals.

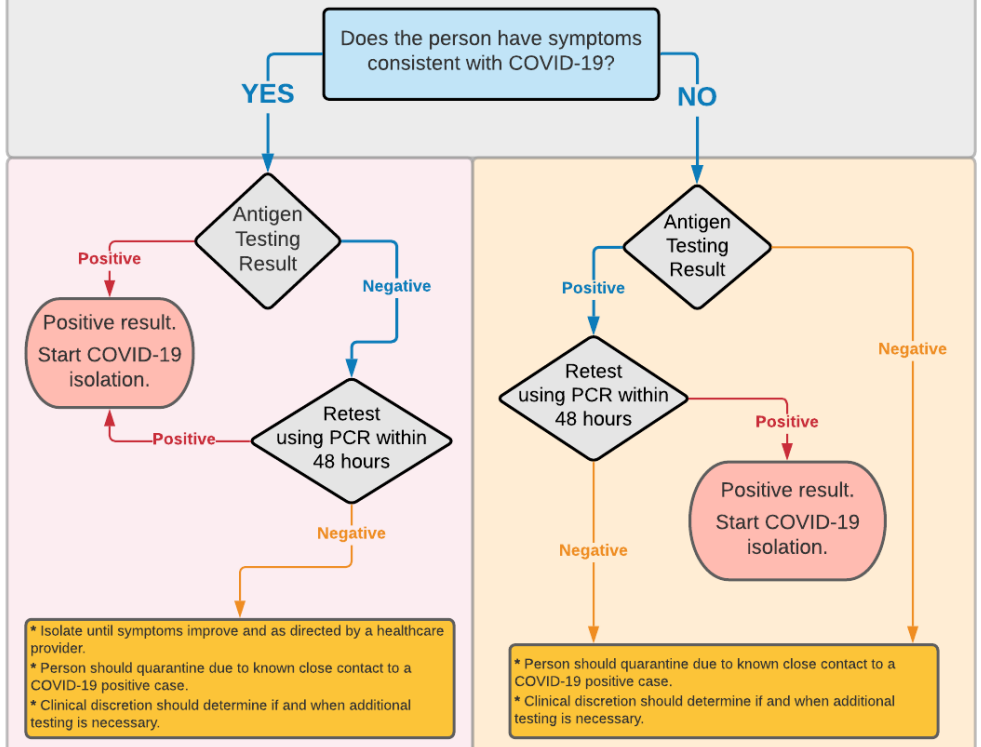
Isolation Guidelines for Person(s) without Known Close Contact to a COVID-19 Positive Case



Symptomatic (*Person with symptoms consistent with COVID-19*)

Asymptomatic (*Person without symptoms consistent with COVID-19*)

Isolation Guidelines for Person(s) with Known Close Contact to a COVID-19 Positive Case



Symptomatic (*Person with symptoms consistent with COVID-19*)

Asymptomatic (*Person without symptoms consistent with COVID-19*)

Isolation recommendations for severe, advanced immunosuppressed persons
Persons with severe, advanced immunosuppression should stay home longer than 10 days, until:

- Two negative test results in a row, at least 24 hours apart **OR**
- 20 days post symptom onset or date of test

Persons with symptoms of COVID-19 who are tested and test PCR or antigen negative AND who ARE NOT a close contact of a person who tested positive for COVID-19, can go back to daily activities 24 hours after their fever and other symptoms resolve.

Persons with symptoms of COVID-19 who are tested and test PCR or antigen negative AND who ARE a close contact of a person who tested positive for COVID-19, should continue to self-quarantine.

Persons who test PCR or antigen positive for COVID-19 but do not experience symptoms should self-isolate until:

- At least 10 days have passed since the date of the first positive test AND
- They continue to have no symptoms (no cough or shortness of breath) since the test.

Re-exposure and isolation recommendations for persons previously infected with COVID-19
CDC directs that people who have tested positive for COVID-19 within the past 3 months and have met the recovery definition do not need quarantine or be tested following an exposure to someone with suspected or confirmed COVID-19, as long as they do not develop new symptoms. However, they should still self-monitor for symptoms of COVID-19 for 14 days following an exposure.

People who develop COVID-19 symptoms within 3 months of their first COVID-19 infection should isolate themselves from others, be clinically evaluated, and be tested for COVID-19 infection if clinically indicated. People should inform their healthcare provider of their previous infection at the time of presentation to care. No contact tracing is necessary if symptoms developed within 3 months of first COVID-19 infection.

If a person previously diagnosed with COVID-19 becomes ill with symptoms consistent with COVID-19 or tests positive ***more*** than 3 months following the date of symptom onset (or date of test if asymptomatic persons), they should be treated as any other newly positive individual, not taking their previous illness into account for the purposes of public health action.

Note: For the above recommendations, the 3 month timeline begins on the date of symptom onset, or, for asymptomatic individuals, the date of specimen collection.

NOTE: Persons who test positive for COVID-19 on serologic testing should not be excluded, unless they also test positive for COVID-19 on PCR or antigen testing or are sick with COVID-19 symptoms and have not yet met the isolation release guidance described above.

CDC Guidance for "What to do if you are sick":
www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html

Quarantine guidance for individuals identified as a close contact of a COVID-19 case

Individuals exposed to COVID-19 may develop symptoms from 2-14 days after exposure.

However, individuals identified as a close contact to someone infectious with COVID-19 can reduce the length of their quarantine from 14 days via the following options:

- Quarantine can end after Day 10 if no symptoms have developed.
- Quarantine can end after Day 7 if the exposed person tests negative and no symptoms have developed. The specimen must be collected within 48 hours before the end of quarantine (i.e. not earlier than Day 5). The quarantine cannot be discontinued earlier than after Day 7.

In both cases, the individual must continue to monitor for symptoms and wear a mask when around others through Day 14.

Quarantine guidance for vaccinated individuals in the public and health care settings

CDC directs that fully vaccinated people with no COVID-like symptoms do not need to quarantine or be tested following an exposure to someone with suspected or confirmed COVID-19. However, fully vaccinated people should still self-monitor for symptoms of COVID-19 for 14 days following an exposure.

Fully vaccinated people who experience COVID-19 symptoms should isolate themselves from others, be clinically evaluated, and be tested for COVID-19 infection if clinically indicated. Fully vaccinated people should inform their health care provider of their vaccination status at the time of presentation to care.

Individuals are considered fully vaccinated 14 days after completion of their vaccination series (i.e. 2 weeks after the second dose in a 2-dose series or 2 weeks after a single-dose vaccine).

Note: Vaccinated individuals should still follow all travel-related guidance, including quarantine recommendations.

Vaccinated healthcare personnel

Fully vaccinated HCP with higher-risk exposures who are asymptomatic do not need to be restricted from work for 14 days following their exposure. Work restrictions for the following fully vaccinated HCP populations with higher-risk exposures should still be considered for:

- HCP who have underlying immunocompromising conditions (e.g., organ transplantation, cancer treatment), which might impact level of protection provided by the COVID-19 vaccine. However, data on which immunocompromising conditions might affect response to the COVID-19 vaccine and the magnitude of risk are not available.
- HCP who have traveled should continue to follow CDC travel recommendations and requirements, including restriction from work, when recommended for any traveler.

Vaccinated inpatients and residents in healthcare settings

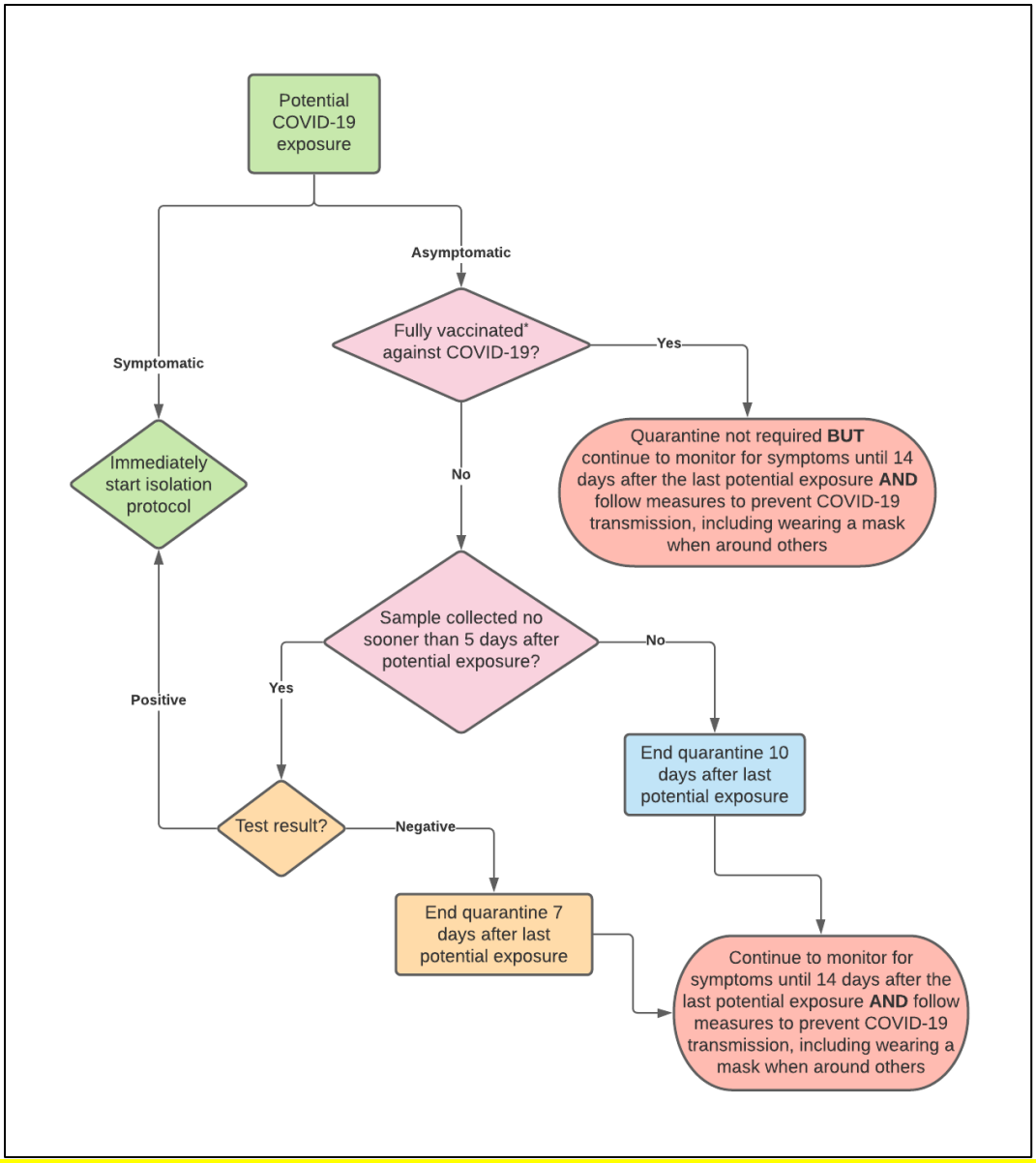
Fully vaccinated inpatients and residents in healthcare settings should continue to quarantine following prolonged close contact[‡] with someone with SARS-CoV-2 infection; outpatients should be cared for using recommended Transmission-Based Precautions. This is due to limited information about vaccine effectiveness in this population, the higher risk of severe disease and death, and challenges with physical distancing in healthcare settings.

- Although not preferred, healthcare facilities could consider waiving quarantine for fully vaccinated patients and residents following prolonged close contact with someone with SARS-CoV-2 infection as a strategy to address critical issues (e.g., lack of space, staff, or PPE to safely care for exposed patients or residents) when other options are unsuccessful or unavailable. These decisions could be made in consultation with public health officials and infection control experts.

Quarantine is no longer recommended for residents who are being admitted to a post-acute care facility if they are fully vaccinated and have not had prolonged close contact with someone with SARS-CoV-2 infection in the prior 14 days.

For more information visit:
www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-after-vaccination.html.

[‡] The CDC defines prolonged close contact as contact within 6 feet from an infectious person for a cumulative total of 15 minutes or more over a 24-hour period. The Iowa Department of Public Health defines prolonged close contact as contact within 6 feet from an infectious person for more than 15 consecutive minutes **AND** one or both persons not wearing a face covering during the interaction.



**Fully vaccinated means: ≥2 weeks following receipt of the second dose in a 2-dose series or ≥2 weeks following receipt of one dose of a single-dose vaccine*

Day 0 is the last day of the potential exposure.

NOTE: If at any time symptoms consistent with COVID-19 develop, **regardless of testing status**, the person should immediately start self-isolation and contact their local public health authority or healthcare provider. Furthermore, regardless of when the quarantine period ends, all persons should wear a mask, stay at least 6 feet from others, wash their hands, avoid crowds, and take other steps to prevent the spread of COVID-19.

Guidance for asymptomatic healthcare personnel exposed to individuals testing PCR or antigen positive for COVID-19

This guidance applies to HealthCare Personnel (HCP)* with potential exposure in a healthcare setting to patients, visitors, or other HCP with confirmed COVID-19. Exposures can also be from a person under investigation (PUI) who is awaiting testing. Work restrictions described in this guidance might be applied to HCP exposed to a PUI if test results for the PUI are not expected to return within 48 to 72 hours. Therefore, a record of HCP exposed to PUIs should be maintained. If test results will be delayed more than 72 hours or the patient is positive for COVID-19, then the work restrictions described in this document should be applied.

Exposure	Personal Protective Equipment Used	Work Restrictions
Unvaccinated HCP who had prolonged[1] close contact[2] with a patient, visitor, or HCP with confirmed COVID-19[3]	- HCP not wearing a respirator or facemask[4] - HCP not wearing eye protection if the person with COVID-19 was not wearing a cloth face covering or facemask - HCP not wearing all recommended PPE (i.e., gown, gloves, eye protection, respirator) while performing an aerosol-generating procedure[1]	-HCP should not work in a healthcare setting from 14 days after last exposure date -Advise HCP to monitor themselves for fever or symptoms consistent with COVID-19 - Any HCP who develop fever or symptoms consistent with COVID-19 should immediately contact their established point of contact (e.g., occupational health program) to arrange for medical evaluation and testing.
HCP other than those with exposure risk described above	N/A	-No work restrictions -Follow all recommended infection prevention and control practices, including wearing a facemask for source control while at work, monitoring themselves for fever or symptoms consistent with COVID-19 and not reporting to work when ill, and undergoing active screening for fever or symptoms consistent with COVID-19 at the beginning of their shift. -Any HCP who develop fever or symptoms consistent with COVID-19 should immediately self-isolate and contact their established point of contact (e.g., occupational health program) to arrange for medical evaluation and testing.

HCP with travel or community exposures should inform their occupational health program for guidance on need for work restrictions. HCP who have traveled should continue to follow CDC travel recommendations and requirements, including restriction from work, when recommended for any traveler. HCP with community exposures should be restricted from work if they have a community exposure for which quarantine is recommended.

HCP with international travel or community exposures should inform their occupational health program for guidance on need for work restrictions.

1. Consider an exposure of 15 minutes or more (within <6 feet) as prolonged (regardless of COVID-19 vaccination status). Any duration should be considered prolonged if the exposure occurred during performance of an aerosol generating procedure.
2. Data are limited for the definition of close contact. For this guidance it is defined as: a) being within 6 feet of a person with confirmed COVID-19 or b) having unprotected direct contact with infectious secretions or excretions of the person with confirmed COVID-19.
3. Determining the time period when the patient, visitor, or HCP with confirmed COVID-19 could have been infectious:
    a. For individuals with confirmed COVID-19 who developed symptoms, consider the exposure window to be 2 days before symptom onset through the time period when the individual meets criteria for discontinuation of Transmission-Based Precautions
    b. For individuals with confirmed COVID-19 who never developed symptoms, determining the infectious period can be challenging.
        i. In these situations, collecting information about when the asymptomatic individual with COVID-19 may have been exposed could help inform the period when they were infectious. In general, individuals with COVID-19 should be considered potentially infectious beginning 2 days after their exposure until they meet criteria for discontinuing Transmission-Based Precautions.
        ii. If the date of exposure cannot be determined, although the infectious period could be longer, it is reasonable to use a starting point of 2 days prior to the positive test through the time period when the individual meets criteria for discontinuation of Transmission-Based Precautions for contact tracing.
4. While respirators confer a higher level of protection than facemasks and are recommended when caring for patients with COVID-19, facemasks still confer some level of protection to HCP, which was factored into this risk assessment. Cloth face coverings are not considered PPE because their capability to protect HCP is unknown.
5. HCP who have traveled should continue to follow CDC travel recommendations and requirements, including restriction from work, when recommended for any traveler. HCP with community exposures should be restricted from work if they have a community exposure for which quarantine is recommended.
6. Fever is either measured temperature ≥100.4°F or subjective fever. Note that fever may be intermittent or may not be present in some patients, such as those who are elderly, immunosuppressed, or taking certain medications (e.g., NSAIDs). Clinical judgement should be used to guide testing of patients in such situations. Occupational health programs should have a low threshold for evaluating symptoms and testing HCP

* Healthcare Personnel (HCP): HCP include, but are not limited to, emergency medical service personnel, nurses, nursing assistants, physicians, technicians, therapists, phlebotomists, pharmacists, students and trainees, contractual staff not employed by the healthcare facility, and persons not directly involved in patient care, but who could be exposed to infectious agents that can be transmitted in the healthcare setting (e.g., clerical, dietary, environmental services, laundry, security, engineering and facilities management, administrative, billing, volunteer personnel). For this guidance, HCP does not include clinical laboratory personnel.

For additional information visit:
www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html.

Guidance for healthcare personnel living with someone who has been diagnosed with COVID-19

Unvaccinated HCP who have any kind of exposure for which home quarantine is recommended should be excluded from work:

- If HCP are able to isolate themselves away from the infected individual living with them, they should quarantine at home from the date of last exposure to the infected individual
- If HCP are not able to quarantine away from the infected individual living with them and have ongoing unprotected exposure throughout the duration of the individual's illness, they should remain in home quarantine, as appropriate, **after** the infected individual meets criteria for discontinuation of home isolation.
- If HCP develop COVID-19 infection while they are in quarantine, they should be excluded from work until they meet all return to work criteria for HCP with COVID-19 infection.

Home quarantine and work exclusion of asymptomatic exposed HCP who have recovered from COVID-19 infection in the prior 3 months might not be necessary.

Unvaccinated HCPs who are excluded from work due to an exposure should stay away from others in the community setting per the general public guidance above. While some HCPs might continue to work in the healthcare setting after an exposure, these individuals should stay away from others when in the community setting per the general public guidance.

Following a higher-risk exposure, work restriction of asymptomatic HCP who have recovered from COVID-19 infection in the prior 3 months and asymptomatic HCP who are fully vaccinated HCP is not necessary. Additional information about these scenarios, including possible exceptions, is available here and here.

Healthcare facilities experiencing staffing shortages due to COVID-19 should refer to the "Strategies to Mitigate Healthcare Personnel Staffing Shortages" www.cdc.gov/coronavirus/2019-ncov/hcp/mitigating-staff-shortages.html.

Return to work guidance for sick and/or COVID-19 positive healthcare personnel

Symptomatic HealthCare Personnel (HCP)* with suspected or confirmed COVID-19 should be excluded from work until:

- At least 24 hours have passed *since recovery* defined as resolution of fever without the use of fever-reducing medications **and** improvement in respiratory symptoms (e.g., cough, shortness of breath); **and**,
- At least 10 days have passed *since symptoms first appeared*

Healthcare personnel with laboratory-confirmed COVID-19 who have not had any symptoms should be excluded from work until:

- 10 days have passed since the date of their first positive COVID-19 diagnostic test assuming they have not subsequently developed symptoms since their positive test.

HCP with symptoms of COVID-19 should be prioritized for viral testing with a PCR or antigen test. For HCP who were suspected of having COVID-19 and had it ruled out, either with at least one negative test or a clinical decision that COVID-19 is not suspected and testing is not indicated, then return to work decisions should be based on their other suspected or confirmed diagnoses.

After returning to work, the healthcare provider should:

- Wear a facemask for source control at all times while in the healthcare facility until all symptoms are completely resolved or at baseline.
    - A facemask instead of a cloth face covering should be used by these HCP for source control during this time period while in the facility. After this time period, these HCP should revert to their facility policy regarding universal source control during the pandemic.
    - A facemask for source control does not replace the need to wear an N95 or higher-level respirator (or other recommended PPE) when indicated, including when caring for patients with suspected or confirmed COVID-19.
    - Of note, N95 or other respirators with an exhaust valve might not provide source control.
- Self-monitor for symptoms, and seek re-evaluation from occupational health if respiratory symptoms recur or worsen.

CDC "Return to Work Criteria for Healthcare Personnel with Confirmed or Suspected COVID-19"
www.cdc.gov/coronavirus/2019-ncov/hcp/return-to-work.html

Screening guidance

According to CDC, COVID-19 symptoms may appear 2-14 days after exposure to the virus. People with these symptoms or combinations of symptoms may have COVID-19:

- Cough
- Shortness of breath or difficulty breathing
- New loss of taste or smell

Or at least two of these symptoms:

- Fever
- Headache
- Muscle or body aches
- Fatigue
- Sore throat
- Runny Nose
- Congestion
- Nausea
- Vomiting
- Diarrhea

IDPH has not changed business screening guidance due to the complexity of the screening process that would need to occur to account for the broader list of symptoms. Businesses can create their own algorithm for screening based upon the expanded CDC information or they can continue to use the current IDPH screening algorithm available at:
https://idph.iowa.gov/Portals/1/userfiles/7/bscreening%20algorithm%2003222020.pdf

Guidance for Critical Infrastructure Workers exposed to COVID

Critical infrastructure workers include personnel in 16 different sectors of work:

- Federal, state, & local law enforcement
- 911 call center employees
- Fusion Center employees
- Hazardous material responders from government and the private sector
- Janitorial staff and other custodial staff
- Workers – including contracted vendors – in food and agriculture, critical manufacturing, informational technology, transportation, energy and government facilities

Critical infrastructure workers may continue work following potential exposure to COVID-19, provided they remain asymptomatic and additional precautions are implemented to protect them and the community. A potential exposure means being a household contact or having close contact within 6 feet of an individual with confirmed or suspected COVID-19. The timeframe for having contact with an individual includes the period of time of 48 hours before the individual became symptomatic.

Critical Infrastructure workers who have had an exposure but remain asymptomatic should adhere to the following practices prior to and during their work shift:

Pre-Screen: Employers should measure the employee's temperature and assess symptoms prior to starting work. Ideally, temperature checks should happen before the individual enters the facility.
Regular Monitoring: As long as the employee does not have a temperature or symptoms, they should self-monitor under the supervision of their employer's occupational health program. Wear a Mask: The employee should wear a face mask at all times while in the workplace for 14 days after last exposure. Employers can issue facemasks or can approve employees' supplied cloth face coverings in the event of shortages.
Social Distance: The employee should maintain 6 feet and practice social distancing as work duties permit in the workplace.
Disinfect and Clean Work Spaces: Clean and disinfect all areas such as offices, bathrooms, common areas, shared electronic equipment routinely.

For additional Guidance visit:
www.cdc.gov/coronavirus/2019-ncov/downloads/critical-workers-implementing-safety-practices.pdf

Note: Fully vaccinated critical infrastructure workers may not require quarantine following exposure if they meet certain criteria. For more information, see *Quarantine guidance for vaccinated individuals in the public and health care settings*.

COVID-19 Testing Framework for Iowa (updated 2/19/2021)
Healthcare providers can test patients as they deem appropriate for COVID-19 infection at reference or hospital laboratories. If healthcare providers choose to test a patient through a reference or hospital laboratory, there is no need to call IDPH for approval. The specimens should be sent directly to the reference or hospital laboratory in accordance with the laboratory's guidance. These laboratories typically charge patients for this testing; public health has no funding to cover the costs of these tests.

Viral Test for COVID-19

SHL will perform PCR testing at no cost to the submitter. All qualifying testing criteria has been lifted, so SHL will test all submitted specimens.

To order test kits and for additional information visit: covidtesting.shl.uiowa.edu/.

Antibody Testing for COVID-19

SHL continues to perform serology (antibody) testing at no cost to the submitter. All qualifying testing criteria for serology testing has also been lifted, so SHL will test all submitted specimens. Please submit the specimen to the State Hygienic Laboratory in accordance with the serologic antibody testing guidance, available at shl.uiowa.edu/dcd/covid19.xml.

Sequencing Surveillance (to identify variant strains)
SHL is conducting variant strain surveillance in partnership with established influenza surveillance sites across the state. Identified clinics and hospitals that participate in influenza surveillance are voluntarily submitting PCR positive specimens (with Ct's less than 30) for COVID-19 sequencing.

Healthcare providers may consider submitting PCR positive specimens (with Ct's less than 30) to SHL for COVID-19 sequencing surveillance when patients meet at least one of the following criteria:

- Patient tests PCR positive for COVID-19 within 14 days of traveling internationally
- Patient tests PCR positive for COVID-19 and is a close contact of someone who tested positive for COVID-19 within 14 days of traveling internationally
- Patient with suspected repeat infection (tests PCR positive for COVID-19 greater than 90 days after an initial positive result AND is newly symptomatic) AND who received monoclonal antibody therapy, convalescent plasma therapy, or antiviral drugs (including remdesivir) during their initial infection
- Patient tests PCR positive after completing their COVID-19 vaccine series (the positive PCR test was collected more than 2 weeks after the patient completed their vaccine series)

To submit specimens for sequencing surveillance, healthcare providers should call IDPH for preapproval and submission instructions at 800-362-2736, press 1. Sequencing surveillance preapprovals will be processed M-F from 8:00AM to 4:30PM.

Sequence testing is not currently FDA approved, therefore submitting healthcare providers will not receive sequencing results as this is not a test currently intended for clinical decision-making. Updates to these processes will continue to be made as needed.

CASE INVESTIGATION AND CONTACT TRACING PROCEDURES

Test types and the Iowa Disease Surveillance System

There is an increasing number of test types being on-boarded in Iowa and at reference laboratories across the nation. There are two main categories of testing, PCR/antigen testing and serology testing. IDPH has decided to separate these types of testing into two different diseases on the Iowa Disease Surveillance System. This decision to separate into two distinct diseases was made in an effort to prevent confusion and streamline the reporting process.

A positive PCR or antigen test indicates a current COVID-19 infection.

- PCR and antigen results are categorized in Iowa Disease Surveillance System under the disease name "2019 Novel Coronavirus"

A positive serology test indicates a past or recent COVID-19 infection.

- Serology results are categorized in the Iowa Disease Surveillance System under the disease name "Serology COVID-19"

Additional information about PCR, antigen, and serology testing is available at:
www.cdc.gov/coronavirus/2019-ncov/php/testing.html
www.cdc.gov/coronavirus/2019-ncov/lab/serology-testing.html
www.cdc.gov/coronavirus/2019-ncov/covid-data/serology-surveillance/index.html

PCR and antigen case investigation and contact tracing procedures

Case investigations should be attempted within 24 hours after the case is loaded into DOMO. Contacts identified during case investigations should be contacted within 24 hours of identification.

Close contact is defined as:

- ***living in the same household as an infectious person (irrespective of whether face coverings are used in the household)***
- ***being less than 6 feet away from an infectious person for more than 15 consecutive minutes***

  NOTE: In non-healthcare and non-household settings, close contacts are persons less than 6 feet away from an infectious person for more than 15 consecutive minutes AND the case, the close contact, or both were not wearing a face covering during the interaction

  - ***Acceptable face coverings are described in CDC guidance available at:*** www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html

The infectious period for asymptomatic cases is defined as **48 hours before through 10 days after** the first date the patient tested positive for COVID-19 infection.
The infectious period for symptomatic cases is defined as **48 hours before illness started until the patient is fever free for at least 24 hours AND other symptoms have improved AND at least 10 days have passed since the first symptom began**.

Local public health is asked to:

- identify all persons meeting the close contact definition
    - NOTE: in non-healthcare and non-household settings close contacts are persons less than 6 feet away from an infectious person for more than 15 consecutive minutes AND the case, the close contact, or both were not wearing a face covering during the interaction
- call each close contact, ask whether they have been ill, and instruct them that they have been exposed to COVID-19 and provide guidance accordingly
- advise all close contacts (asymptomatic and symptomatic) that it is recommended (not required) that they be tested for COVID-19 infection (testing should not occur before 48 hours after their earliest exposure to the COVID-19 infected case)
- all close contacts should be recorded in the "contacts" section in DOMO, and their corresponding, auto-generated contact form should be completed in DOMO
- ill close contacts should be entered as epi-linked cases in DOMO

Serology Case Investigations

Local public health partners do not need to conduct investigations for persons with positive serology results. As serology positive results indicate past infection (and the infectious period cannot be determined), no contact tracing is conducted for these cases.

Long Term Care Illness and Outbreak Investigation

When one or more resident(s) of long term care facilities test positive for COVID-19, IDPH and the appropriate local public health department will hold a conference call to discuss the following:

- Review recommendations available at: idph.iowa.gov/Portals/1/userfiles/61/covid19/LTC/LTC%20Outbreak%20Document%202_24_21%20.pdf
    - Screen all employees for fever and symptoms of COVID-19 at the start and end of shift. Ill staff should be sent home immediately.
    - Isolate all symptomatic residents in single rooms.
    - Cohort staff so that dedicated staff are working with ill residents and not with healthy residents.
    - Employees should use face masks and eye protection ALL times for ALL resident care.
    - Implement use of Transmission-Based Precautions. Follow Strategies for Optimizing the Supply of PPE: https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/index.html
    - Visitation is generally prohibited. Refer to the CMS guidance for visitation recommendations during an outbreak situation.
    - Screen all residents for fever and symptoms of COVID-19 every shift.
    - Coordinate with local public health, EMS, and hospitals to plan for higher care needs (when and where to transfer and how to communicate COVID-19 risk to the transport team and accepting facility). Understand that the residents' illness may worsen on day 7 to 8 of symptoms.
    - Develop a testing plan in compliance with CMS guidelines.
    - Identify other healthcare facilities where staff work. Staff should not work in other facilities if possible, or should use a face mask with eye protection for all patient care in any healthcare setting.
    - Establish a plan for communication with staff, residents and families, public health, and the public.
    - Develop a staffing contingency plan. Refer to CDC's Strategies to Mitigate Healthcare Personnel Staffing Shortages: www.cdc.gov/coronavirus/2019-ncov/hcp/mitigating-staff-shortages.html
    - Use an EPA-registered disinfectant from List N: www.epa.gov/pesticide-registration/list-n-disinfectants-coronavirus-covid-19

  - Bundle care activities to minimize the number of HCP entries into a room.
  - Ensure HCP receives training and competency validation on hand hygiene, PPE, and environmental cleaning and disinfection.
- Review tele-ICAR results including:
  - PPE needs
  - Competency in hand hygiene and PPE donning and doffing.
  - Review environmental services cleaning products and procedures
  - Discuss testing supply needs
  - Discuss current staffing needs and staffing contingency plans (i.e., relationship with parent company or staffing agency)
  - Discuss adherence to routine PPE use recommendations and familiarity with donning and doffing procedures

From that call forward, local public health is asked to contact the long term care facility daily to:

- Review newly identified symptomatic or confirmed residents/staff
- Discuss epidemiologic links of new cases to previous cases (i.e., are they on the same hallway/neighborhood)
- Discuss adherence to routine PPE use recommendations and familiarity with donning and doffing procedures
- Review environmental services cleaning procedures
- Discuss how the staff and patient cohorting plan may need to be altered based on the positive case (do we need to start cohort staff on another hallway/neighborhood/wing)
- Discuss whether wider hallway/neighborhood/wing testing is indicated
- Discuss patients potential for worsening and transfer plan if higher level of care is needed
- Discuss current PPE needs
- Discuss current testing supply needs
- Discuss current staffing needs

Long term care facilities with at least three residents that test positive for COVID-19 will be listed on the outbreak dashboard on the COVID.iowa.gov webpage. The data for the dashboard will be exported directly from the Iowa Disease Surveillance System. Facilities will remain listed on the dashboard until 28 days (2 incubations periods) after their most recent new case became ill/was identified.

Long Term Care Antigen Testing Guidance

LTC Staff Guidance:

All ASYMPTOMATIC staff testing POSITVE on antigen testing **SHOULD** be re-tested using confirmatory PCR testing. The PCR specimen must be collected within 48 hours of when the positive antigen specimen was collected.

ASYMPTOMATIC staff members WITHOUT known close contact with a COVID-19 positive case:
When PCR results are pending, the ASYMPTOMATIC staff member WITHOUT known close contact with a COVID-19 infected case should start COVID-19 isolation and public health will advise close contacts to start a COVID-19 quarantine.

- If the PCR result is NEGATIVE, the ASYMPTOMATIC staff member should stop COVID-19 isolation and return to work. Close contacts should stop their COVID-19 quarantine.
- If the PCR is POSITIVE, the ASYMPTOMATIC staff member should complete COVID-19 isolation. Close contacts should complete their COVID-19 quarantine.

ASYMPTOMATIC staff members WITH known close contact with a COVID-19 positive case:
When PCR results are pending, the ASYMPTOMATIC staff member WITH known close contact with a COVID-19 infected case should start COVID-19 isolation and public health will advise close contacts to start a COVID-19 quarantine.

- If the PCR result is NEGATIVE, the ASYMPTOMATIC staff member should stop COVID-19 isolation and complete their COVID-19 quarantine (*due to known close contact with a COVID-19 positive case*). Close contacts should stop their COVID-19 quarantine.
- If the PCR is POSITIVE, the ASYMPTOMATIC staff member should complete COVID-19 isolation. Close contacts should complete their COVID-19 quarantine.

All SYMPTOMATIC staff members testing NEGATIVE with point of care antigen testing **SHOULD** be re-tested using confirmatory PCR testing. The PCR specimen must be collected within 48 hours of when the antigen specimen was collected.

SYMPTOMATIC staff members WITHOUT known close contact with a COVID-19 positive case:
When PCR results are pending, the SYMPTOMATIC staff member should isolate themselves and be excluded from working. Public health will not perform an investigation or contact trace unless the PCR results are positive.

- If the PCR is NEGATIVE, the SYMPTOMATIC staff member can return to work after their symptoms resolve in accordance with the facility's established procedures.
- If the PCR is POSITIVE, the SYMPTOMATIC staff member should complete COVID-19 isolation and public health will perform an investigation and contact trace.

SYMPTOMATIC staff members WITH known close contact with a COVID-19 positive case:
When PCR results are pending, the SYMPTOMATIC staff member should isolate themselves and be excluded from working. Public health will not perform an investigation or contact trace unless the PCR results are positive.

- If the PCR is NEGATIVE, the SYMPTOMATIC staff member should stop COVID-19 isolation and complete their COVID-19 quarantine (*due to known close contact with a COVID-19 positive case*).
- If the PCR is POSITIVE, the SYMPTOMATIC staff member should complete COVID-19 isolation and public health will perform an investigation and contact trace.

LTC Resident Guidance:

All ASYMPTOMATIC residents testing POSITVE on antigen testing **SHOULD** be re-tested using confirmatory PCR testing. The PCR specimen must be collected within 48 hours of when the positive antigen specimen was collected.

ASYMPTOMATIC resident WITHOUT known close contact with a COVID-19 positive case:
When PCR results are pending in ASYMPTOMATIC residents WITHOUT known close contact with a COVID-19 infected case should be transferred to a single room if there is a roommate, implement use of Transmission-Based Precautions, and dedicate staff. The LTC facility should not transfer the ASYMPTOMATIC resident to the COVID-19 Unit or place them in another shared room with new roommates. Public health will advise close contacts to start a COVID-19 quarantine.

- If the PCR result is NEGATIVE, the ASYMPTOMATIC resident can be transferred back to their original room, Transmission-Based Precautions can be discontinued and dedicated staff can be stopped. Close contacts should stop their COVID-19 quarantine.
- If the PCR is POSITIVE, the ASYMPTOMATIC resident should be transferred to the COVID-19 Unit to complete their COVID-19 isolation. Close contacts should complete their COVID-19 quarantine.

ASYMPTOMATIC residents WITH known close contact with a COVID-19 positive case:
When PCR results are pending, the ASYMPTOMATIC residents WITH known close contact with a COVID-19 infected case should be transferred to a single room if there is a roommate, implement use of Transmission-Based Precautions, and dedicate staff. The LTC facility should not transfer the ASYMPTOMATIC resident to the COVID-19 Unit or place them in another shared room with new roommates. Public health will advise close contacts to start a COVID-19 quarantine.

- If the PCR result is NEGATIVE, the ASYMPTOMATIC resident should continue to be cared for using the pending test guidance and complete their COVID-19 quarantine (*due to known close contact with a COVID-19 infected case*). Close contacts should stop their COVID-19 quarantine.
- If the PCR is POSITIVE, the ASYMPTOMATIC resident should be transferred to the COVID-19 Unit to complete their COVID-19 isolation. Close contacts should complete their COVID-19 quarantine.

All SYMPTOMATIC residents testing NEGATIVE with point of care antigen testing **SHOULD** be re-tested using confirmatory PCR testing. The PCR specimen must be collected within 48 hours of when the antigen specimen was collected.

SYMPTOMATIC residents WITHOUT known close contact with a COVID-19 infected case:
When PCR results are pending in SYMPTOMATIC residents WITHOUT known close contact with a COVID-19 infected case should be transferred to a single room if there is a roommate, implement use of Transmission-Based Precautions, and dedicate staff. The LTC facility should not transfer the SYMPTOMATIC resident to the COVID-19 Unit or place them in another shared room with new roommates. Public health will not perform an investigation or contact trace unless the PCR results are positive.

- If the PCR is NEGATIVE, when the SYMPTOMATIC resident's symptoms resolve, the resident can be transferred back to their original room, Transmission-Based Precautions can be discontinued and dedicated staff can be stopped in accordance with facility procedures.

- If the PCR is POSITIVE, the SYMPTOMATIC resident should be transferred to the COVID-19 Unit to complete their COVID-19 isolation. Public health will perform an investigation and contact trace.

SYMPTOMATIC residents WITH known close contact with a COVID-19 infected case:
When PCR results are pending in SYMPTOMATIC residents WITH known close contact with a COVID-19 positive case should be transferred to a single room if there is a roommate, implement use of Transmission-Based Precautions, and dedicate staff. The LTC facility should not transfer the SYMPTOMATIC resident to the COVID-19 Unit or place them in another shared room with new roommates. Public health will not perform an investigation or contact trace unless the PCR results are positive.

- If the PCR is NEGATIVE, the SYMPTOMATIC resident should continue to be cared for using the pending test guidance and complete their COVID-19 quarantine (*due to known close contact with a COVID-19 infected case*). Close contacts should stop their COVID-19 quarantine.
- If the PCR is POSITIVE, the SYMPTOMATIC staff member should be transferred to the COVID-19 Unit to complete their COVID-19 isolation. Public health will perform an investigation and contact trace.

This guidance is subject to change as federal guidance is released and clarified, and as additional Iowa-specific data is collected.

NOTE: Any person(s) with signs and symptoms consist with COVID-19, regardless if they are a staff member or resident of a long-term care facility, **AND** a positive antigen test should start a COVID-19 isolation. Symptomatic person(s) with a positive antigen test do not need further testing by PCR.

Reporting False Positives and False Negatives:

LTC facilities should consider reporting false positive and false negative antigen results through FDA's Medwatch (in addition to public health): www.fda.gov/safety/medwatch-fda-safety-information-and-adverse-event-reporting-program.

Antigen Testing Technical Pointers:

- Thoroughly read the package insert before performing the test and follow all instructions.
- Store reagents at the recommended temperatures and bring refrigerated reagents to room temperature before use.
- Change gloves between each patient specimen to avoid cross contamination
- **DO NOT** use viral transport media.
- Test samples within the specified time after collection. *For example, BinaxNOW cards must be tested within 1 hour of collection.*
- **DO NOT** use expired reagents or damaged test cassettes/devices.
- Document proper timing for reading the results when testing multiple specimens at the same time.
- Use the test cassette/device within specified time after opening.
- **ALWAYS** keep the test device in a horizontal position when in use.

- Results must be interpreted within specified times frames. *For example, BinaxNOW cards must be read promptly at 15 minutes after the swab is inserted. Do not read results before 15 minutes or after 30 minutes and record the time the results were read.*
- Read results exactly as described in the package insert.
- When complete and between samples, disinfect work surfaces and equipment with an EPA-approved disinfectant for SARS-CoV-2.
- To document competency have staff view the relevant video:
    - BinaxNOW: https://www.youtube.com/watch?v=nYTePdZBbLU
    - BD Veritor: https://www.youtube.com/watch?v=wJJRPS7pu44
    - Quidel Sofia: https://www.youtube.com/watch?v=D7xJ2LQ4IV4

State assistance with investigations and contact tracing
IDPH can assist local public health departments with case investigations. Local public health departments can defer investigations to the state by contacting their IDPH Field Epidemiologist. Local public health departments can access test and case investigation information in their jurisdiction via DOMO.

School Follow-up Process
When a staff member or student at a school is identified as having tested positive for COVID-19 via PCR or antigen test, local public health departments should generally take the following actions:

- If the result is not in IDSS, verify via parent/health care provider that the individual indeed tested positive for COVID-19 via PCR or antigen test.
- Determine the positive individual's infectious period, based off date of symptom onset or collection date, as appropriate. Determine when the staff member or student wore a face covering during their infectious period.
- If the school is not already aware, notify the school of the positive staff member or student.
- Work with the school to identify close contacts among staff and students at the school – those within 6 feet of the infectious individual for 15 consecutive minutes. If the case AND the close contact were wearing a face covering, quarantine is not recommended.
- Notify staff and parents of children who were identified as close contacts. Recommend close contacts stay home, as appropriate.

School staff identified as being a close contact may be considered critical personnel and allowed to return to work during their quarantine if there are staffing shortages, as long as they remain asymptomatic. During this time, they should take their temperature and screen for symptoms at the start and end of each day, and wear a mask at work. If symptoms develop, they must isolate immediately.

Note: Fully vaccinated school staff may not require quarantine following exposure if they meet certain criteria. For more information, see *Quarantine guidance for vaccinated individuals in the public and health care settings*.

Support for Businesses
For COVID-19 guidance and consultation for Iowa businesses, please contact covid19business@iowa.gov.

Legal / Proclamation Resource Hotlines
For legal questions pertaining to COVID-19, call the COVID-19 Legal Advice Hotline: 800-332-0419.

For questions pertaining to the governor's proclamations, call the governor's office: 515-281-5211.