

2019 Novel Coronavirus Infection (COVID-19): Public Health Management of Exposed Persons

PERSONS WITH EXPOSURE TO COVID-19		
Exposure*	Movement Restrictions	Public Health Monitoring
<ul style="list-style-type: none"> • Live with the infected person or stayed overnight for at least one night in a house with the infected person. • Having direct contact with infectious secretions of a COVID-19 case (e.g. being coughed or sneezed on, kissed, contact with a dirty tissue, shared a drinking glass, food, towels, or other personal items). • A person that has participated in practicing or playing contact sports, meaning sports involving more than occasional and fleeting contact, such as football, basketball, rugby, hockey, soccer, lacrosse, wrestling, boxing, and martial arts, with a COVID-19 case. Other sports may be included if social distancing, mask** use, and other mitigation measures are not followed†. • A person within 6 feet of an infected person for 10 consecutive minutes. • If the infected person is coughing, sneezing, singing, shouting, or doing anything else that expels respiratory droplets that carry virus into the air or if there is close contact with more than one infected person, a person within 10 cumulative minutes in a 24-hour period may be considered a close contact. • A contact in an aircraft sitting within two seats (in any direction) of a person with COVID-19, travel companions or persons providing care, and crew members serving in the section of the aircraft where the index case was seated (if severity of symptoms or movement of the case indicate more extensive exposure, passengers seated in the entire section or all passengers on the aircraft may be considered close contacts. • Travel to any of the following locations listed on the following website https://www.coronavirus.kdheks.gov/175/Travel-Exposure-Related-Isolation-Quaran 	<ul style="list-style-type: none"> • Quarantine for 7-14 days from last exposure in a location determined appropriate by Public Health (see Shortened Quarantine guidance on pages 4-5 of this document) • Air travel only allowed via medical transport. • Local travel only allowed by medical transport or private vehicle. Patient should wear face mask. 	<p>Active Monitoring:</p> <ul style="list-style-type: none"> • Active monitoring by public health authorities, for a period of 14 days after the last exposure • Daily monitoring for COVID-19 symptoms, including fever of any grade, cough or difficulty breathing • Avoid social contact • Remain reachable for active monitoring

Isolation and quarantine guidance may differ for people who are fully vaccinated. See Isolation and Quarantine FAQ <https://www.coronavirus.kdheks.gov/DocumentCenter/View/134/Isolation-Quarantine-Guidance-and-FAQs-PDF---3-15-21>

*While research indicates masks may help in limiting transmission, the degree of protection, if any, will depend on the type of mask used and if the mask was used properly and consistently during exposure to a symptomatic or asymptomatic person with COVID-19. Therefore, the determination of close contact should be made irrespective of whether the person with COVID-19 or the contact was wearing a mask. Because the general public has not received training on proper selection and use of respiratory Personal Protective Equipment (PPE), it cannot be certain whether respiratory PPE worn during an exposure to an individual with COVID-19 infection provided protection from that exposure. Therefore, the determination of close contact should generally be made irrespective of whether the general public was wearing respiratory PPE, which use is intended for healthcare personnel and other trained users.

**KDHE recommends wearing a mask that fits snugly around the nose, mouth, and chin and has multiple layers of fabric. Alternatively, a thinner disposable mask may be worn underneath a cloth face mask to improve the fit. For more information on the mask guidance visit: <https://www.coronavirus.kdheks.gov/DocumentCenter/View/441/KDHE-Mask-Guidance-PDF---3-1-21>.

†Contact sports involve vigorous physical exertion accompanied by deep, heavy respiration, and during practices and games, players frequently come into close contact with other teammates and with those from the opposing team. Additionally, players often move from the field of play to the bench while still breathing heavily. In addition to the game time on the field, during which players frequently come within 6 feet of one another, teams typically use locker rooms before and after practices and games. Depending on social distancing, other control measures, and contact on the field, bench or locker room, and bus, the participants in other sports may also be at high risk. Quarantine of the whole team may be required depending on the contact on the field and off the field of play.

HEALTHCARE PROVIDER(HCP) WITH EXPOSURE TO COVID-19			
Exposure	Personal Protective Equipment Used	Movement Restrictions	Public Health Monitoring
HCP who had close contact* with a patient, visitor, or HCP with COVID-19	<ul style="list-style-type: none"> HCP exposed was not wearing a respirator or medical facemask† HCP exposed was not wearing eye protection if the person with COVID-19 was not wearing a cloth face covering or facemask HCP exposed was not wearing any recommended PPE (i.e., gown, gloves, eye protection, respirator) while performing an aerosol-generating procedure 	<ul style="list-style-type: none"> Quarantine in a location determined appropriate by Public Health for 7-14 days since last exposure (see Shortened Quarantine Guidance on pages 4-5 of this document). Air travel only allowed via medical transport. Local travel only allowed by medical transport or private vehicle. Patient should wear face mask. Modified quarantine may be allowed if approved by the local health officer 	<p>Active Monitoring:</p> <ul style="list-style-type: none"> Public Health will establish regular communication to assess for presence of fever or other COVID-19 symptoms. Contact will be made regularly for 14 days since last exposure.

* Close contact - You are a "close contact" if any of the following situations happened while you spent time with a person with COVID-19, even if they didn't have symptoms:

- Were within 6 feet of the person for 10 consecutive minutes or more
- Had contact with the person's respiratory secretions (for example, coughed or sneezed on; kissed; contact with a dirty tissue; shared a drinking glass, food, towels, or other personal items).
- Live with the person or stayed overnight for at least one night in a house with the person.

The chance of spreading the virus is greater the longer an infected person or persons are close to someone. It also matters if the infected person is coughing, sneezing, singing, shouting, or doing anything else that produces more respiratory droplets that contain virus or if there are exposures to more than one infected person. Under these higher risk situations, you may want to consider a close contact someone who has been within 6 feet of an infectious person or persons for 10 cumulative minutes or more in a 24-hour period.

The final decision on what constitutes close contact is made at the discretion of public health.

†While respirators protect against diseases transmitted via the airborne route (and are recommended for use during aerosol-generating procedures) medical facemasks, commonly referred to as procedure or surgical masks, provide protection against

diseases transmitted via the droplet route, which is the main route of transmission for SARS-CoV-2. Cloth face coverings are not considered PPE because their capacity to protect HCP is unknown.

Shortened Quarantine Guidance

Quarantine is for people who don't currently have symptoms but were exposed to the disease. KDHE continues to recommend a 14-day quarantine following exposure to COVID-19, as the incubation period for this disease is 14 days. CDC has released modified guidance allowing for shorter quarantine periods to increase better compliance with quarantine and increase people getting tested. Local Health Departments may choose to opt into this guidance. For information in your county, please contact your local health department.

How the Shortened Time Period Works

(Please check in with your local health department for specific information in your community)

7 Day Quarantine (Includes Testing and No Symptoms)

- After exposure, you monitor yourself for symptoms daily or participate in monitoring by Public Health for 7 full days.
- If you have no symptoms during this time frame, on or after Day 6, you may get a PCR test (antigen and antibody tests are NOT allowed for this purpose).
- If the test is negative, and you remain symptom-free, you can be removed from quarantine on or after Day 8.
- If Testing Results are pending, you must wait until you receive results.

10 Day Quarantine (No Testing and No Symptoms)

- After exposure, you monitor yourself for symptoms daily or participate in Public Health monitoring for 10 full days.
- If you have no symptoms during the 10 days, you can be released from the quarantine without a test on Day 11. KDHE recommends all exposed people should self-monitor for fourteen (14) days from exposure and contact healthcare provider if symptoms develop. Disease can still develop through day 14.

Who is Not Eligible for Shortened Quarantine:

- Residents of long-term care and assisted living facilities
- Offender populations in Department of Corrections prisons

Quarantine Length

Quarantine length is 7, 10 or 14 days after your last exposure depending on whether you have been tested for COVID-19 and preference of local health officer. Quarantine would start the day after you return to Kansas from travel or the day after your last exposure.