

# COVID-19 Quarantine, Isolation and Testing Guidelines

## August 9, 2021

### Close Contact with a Laboratory Confirmed COVID-19 Case

1. Closer than 3 feet for >1 minute without a mask
2. Within 6 feet for greater than 15 minutes in a non-healthcare setting (1)
3. Physical contact (e.g. touching) without using PPE

NO **Vaccinated?** YES

1. Quarantine at home immediately (HCW and CIW may remain on duty awaiting testing and if asymptomatic)(2)  
2. If testing is desired arrange for COVID-19 Testing 5 days after close contact with a confirmed case

Fully vaccinated persons are not required to quarantine after exposures but should wear a mask when around others for 14 days. If symptoms occur isolate at home immediately and follow symptom based guidance. Testing after exposure (optional) should occur on day 5 post exposure

POSITIVE/Detected **COVID-19 PCR Result** NEGATIVE/Not Detected

Not Tested

Health or Emergency Services Worker?

NO

YES

**Isolate at home**  
until all 3:  
1. At least 10 days from onset of symptoms or if no symptoms from the date of the test.  
2. At least 24 hrs of no fever without fever reducing medicine  
3. Other symptoms have improved (except loss of smell)

**Quarantine at home**  
until all 3:  
1. At least 10 days from exposure or at least 10 days from onset of symptoms  
2. At least 24 hrs of no fever without fever reducing medicine  
3. Any symptoms have improved or resolved (except loss of smell)

**Quarantine at home and Monitor for symptoms of COVID-19 until both:**  
1. At least 7 days have passed after exposure  
2. No symptoms have developed  
  
Must continue to monitor for the development of symptoms for the full 10 days

**Return to duty and Monitor for symptoms of COVID-19 :**  
1. Wear a mask at all times around others for 14 days  
2. Monitor for any COVID-19 Symptoms  
2. Leave work immediately if symptoms develop.  
Must continue to monitor for symptoms for the full 10 days.

**Positive and untested cases require employee health/student health clearance**

**Important Notes**

\*These testing guidelines are based on best available evidence, CDC and GA DPH Guidance, and expert consensus. CDC guidance does not address a modified return to work protocol in the event of a negative test for SARS-CoV-2, however experience and evidence suggests that most exposed persons will convert to a positive test by day 4-5 post exposure and a negative test combined with monitoring is a reasonable approach to reduce risks of exposing others and minimize work and school disruptions. Symptoms should be resolved prior to return to reduce risks associated with false negative test. Stay home when symptoms are present even with a negative test to prevent infecting others

1. Close contact is defined as within 3 feet for >1 minute without the use of a mask/face covering or within 6 feet for greater than 15 minutes with or without the use of a masks / face covering in a non-healthcare setting. In a healthcare setting airflow exchanges significantly reduce the risk posed by prolonged exposure (>6 ft for >15 mins) and should not be considered an exposure when a mask is used.
2. HCW= Healthcare Worker  
CIW=Critical Infrastructure Worker as defined by the US Department of Homeland Security  
<https://www.cisa.gov/identifying-critical-infrastructure-during-covid-19>
3. Symptoms consistent with COVID-19 can be minimal and include a loss of the sense of smell, mild congestion, cough, sore throat, headache or chills in the absence of actual fever. Gastrointestinal symptoms such as nausea, vomiting, loose stool or diarrhea can also be a presenting symptom.
4. Quarantine / Isolation involves minimizing or eliminating contact with other persons. Stay at home or in the dormitory. Do not go out into public. Have food delivered to you and do not make contact with the delivery person. Have others shop for medicine, food and other supplies when possible. If you must interact with others, wear a mask, minimize any physical contact and use hand sanitizer/ wash hands frequently. Do not share a bathroom with other people if possible. Disinfect frequently touched surfaces often.
5. Health and Emergency Services workers that are asymptomatic may remain on duty awaiting testing and after testing negative as long as they remain asymptomatic and wear a mask.
6. A test based strategy is not recommended for return to work / school. For COVID-19 cases that do not require hospitalization, 10 days + absence of ongoing symptoms without fever reducing medicine is adequate to return to work / school. Persons with severe illness requiring hospitalization, 20 days is required before returning to work or school. Positive test may persist for up to 12 weeks despite no risk of infecting others.  
**DO NOT RETEST ONCE TESTED POSITIVE** as a means of clearance to return to work / school / normal activities.
7. Loss of smell may persist for months and should not be used as a criteria to determine ending isolation precautions. Consider alpha lipoic acid (ALA) supplementation.

## COVID-19 Quarantine, Isolation and Testing Guidelines

### Important Notes

\*These testing guidelines are based on best available evidence, CDC and GA DPH Guidance and expert consensus. Some unique circumstances require modifications to standard guidance based on best available evidence. False negatives are possible and symptoms should be resolved before returning to work or school to further reduce risks/ prevent infecting others.

1. Symptoms consistent with COVID-19 can be minimal and include a loss of the sense of smell, mild congestion, cough, sore throat, headache or chills in the absence of actual fever. Gastrointestinal symptoms such as nausea, vomiting, loose stool or diarrhea can also be a presenting symptom. Loss of taste and/or smell is highly suggestive of COVID-19.

2. Isolation involves minimizing or eliminating contact with other persons. Stay at home/ dormitory. Do not go out into public. Have food delivered to you and do not make contact with the delivery person. Have others shop for medicine, food and other supplies when possible. If you must interact with others, wear a mask, minimize any physical contact and use hand sanitizer/ wash hands frequently. Do not share a bathroom with other people if possible.

3. A test based strategy is not recommended for return to work / school. For COVID-19 cases, 10 days (7 days for vaccinated) + absence of ongoing symptoms without fever reducing medicine for 24 hrs is adequate to return to work / school. **DO NOT TEST AFTER POSITIVE** as a means of clearing someone to return to work/ school or normal activities for at least 90 days. Reinfections have occurred between 90-180 days and testing is permissible if symptoms are consistent with reinfection.

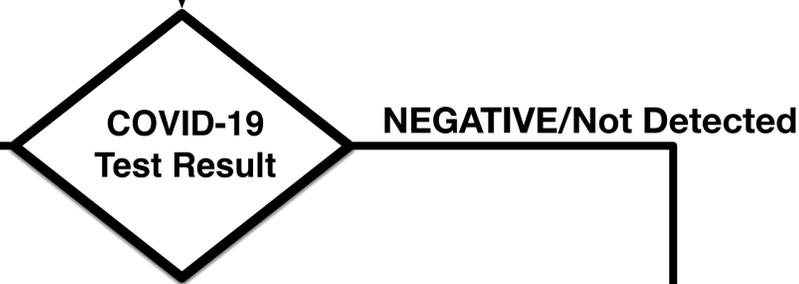
4. Loss of smell (anosmia) may persist for an extended period of time (months) and should not be used as evidence of ongoing disease. Loss of smell is highly suggestive of COVID-19 and should cause consideration of a potential false negative test.

\*\* Monoclonal antibody therapy should be considered for high risk patients  
High Risk Conditions for adults and pediatric patients (age 12-17 years and weighing at least 40 kg):

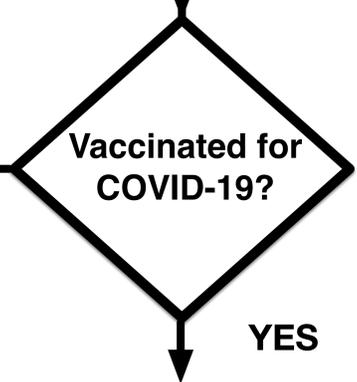
- Older age (for example, age ≥65 years of age)
- Obesity or being overweight (for example, BMI >25 kg/m<sup>2</sup>, or if age 12-17, have BMI ≥85th percentile for their age and gender based on CDC growth charts)
- Pregnancy
- Chronic kidney disease
- Diabetes
- Immunosuppressive disease or immunosuppressive treatment
- Chronic lung diseases (for example, chronic obstructive pulmonary disease, asthma [moderate-to-severe], interstitial lung disease, cystic fibrosis and pulmonary hypertension)
- Sickle cell disease
- Neurodevelopmental disorders (for example, cerebral palsy) or other conditions that confer medical complexity (for example, genetic or metabolic syndromes and severe congenital anomalies)
- Having a medical-related technological dependence (for example, tracheostomy, gastrostomy, or positive pressure ventilation (not related to COVID 19))

**Symptoms consistent with COVID-19 \***  
(vaccinated or unvaccinated)  
Fever/chills, Congestion, Cough or Shortness of Breath, Severe Fatigue, Joint or Bone Pain, Headache, Sore Throat, Gastrointestinal symptoms, anosmia (loss of smell), dysgeusia (loss of taste or abnormal taste)

1. Isolate at home immediately  
2. Arrange COVID-19 Testing Immediately



Consider Monoclonal Antibody Therapy\*\*



**Isolate at home until all 3:**  
1. At least 10 days from onset of symptoms  
2. At least 24 hrs of no fever without fever reducing medicine  
3. Other symptoms have improved (except loss of smell)

**Isolate at home until all 3:**  
1. At least 7 days from onset of symptoms  
2. At least 24 hrs of no fever without fever reducing medicine  
3. Other symptoms have improved (except loss of smell)

**Isolate at home until all 3:**  
1. At least 5 days have passed since onset of symptoms  
2. At least 24 hrs of no fever/chills without fever reducing medicine  
3. Other symptoms have improved

**Contact Employee Health for clearance to return to work**

## Appendix A: Triage of persons presenting for mRNA COVID-19 vaccination

	MAY PROCEED WITH VACCINATION	PRECAUTION TO VACCINATION	CONTRAINDICATION TO VACCINATION
CONDITIONS	<p><b>CONDITIONS</b></p> <ul style="list-style-type: none"> <li>Immunocompromising conditions</li> <li>Pregnancy</li> <li>Lactation</li> </ul> <p><b>ACTIONS</b></p> <ul style="list-style-type: none"> <li>Additional information provided*</li> <li>15 minute observation period</li> </ul>	<p><b>CONDITIONS</b></p> <ul style="list-style-type: none"> <li>Moderate/severe acute illness</li> </ul> <p><b>ACTIONS</b></p> <ul style="list-style-type: none"> <li>Risk assessment</li> <li>Potential deferral of vaccination</li> <li>15-minute observation period if vaccinated</li> </ul>	<p><b>CONDITIONS</b></p> <ul style="list-style-type: none"> <li>None</li> </ul> <p><b>ACTIONS</b></p> <ul style="list-style-type: none"> <li>N/A</li> </ul>
ALLERGIES	<p><b>ALLERGIES</b></p> <p>History of allergies that are unrelated to components of an mRNA COVID-19 vaccine†, other vaccines, injectable therapies, or polysorbate, such as:</p> <ul style="list-style-type: none"> <li>Allergy to oral medications (including the oral equivalent of an injectable medication)</li> <li>History of food, pet, insect, venom, environmental, latex, etc., allergies</li> <li>Family history of allergies</li> </ul> <p><b>ACTIONS</b></p> <ul style="list-style-type: none"> <li>30-minute observation period: Persons with a history of anaphylaxis (due to any cause)</li> <li>15-minute observation period: All other persons</li> </ul>	<p><b>ALLERGIES</b></p> <ul style="list-style-type: none"> <li>History of any immediate allergic reaction‡ to vaccines or injectable therapies (except those related to component of mRNA COVID-19 vaccines† or polysorbate, as these are contraindicated)</li> </ul> <p><b>ACTIONS:</b></p> <ul style="list-style-type: none"> <li>Risk assessment</li> <li>Consider deferral of vaccination and/or referral to allergist-immunologist</li> <li>30-minute observation period if vaccinated</li> </ul>	<p><b>ALLERGIES</b></p> <p>History of the following are contraindications to receiving either of the mRNA COVID-19 vaccines†:</p> <ul style="list-style-type: none"> <li>Severe allergic reaction (e.g., anaphylaxis) after a previous dose of an mRNA COVID-19 vaccine or any of its components</li> <li>Immediate allergic reaction‡ of any severity to a previous dose of an mRNA COVID-19 vaccine or any of its components^ (including polyethylene glycol)#</li> <li>Immediate allergic reaction of any severity to polysorbate^#</li> </ul> <p><b>ACTIONS</b></p> <ul style="list-style-type: none"> <li>Do not vaccinate#</li> <li>Consider referral to allergist-immunologist</li> </ul>

\* See Special Populations section for information on patient counseling in these groups

† Refers only to mRNA COVID-19 vaccines currently authorized in the United States (i.e., Pfizer-BioNTech, Moderna COVID-19