

July 23, 2020

## South Dakota Guidance on Testing of Asymptomatic Close Contacts and Isolation Discontinuation

### General Testing Recommendations for Viral Tests

Medical providers are recommended to test individuals with signs and symptoms compatible with COVID-19 infection, including:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

CDC released a **Close Contact Evaluation Hierarchy** available at: <https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/contact-tracing.html>

#### Key Points:

- CDC recommends testing for all symptomatic and asymptomatic close contacts of COVID-19 cases, if testing is available.
- SD-DOH recommends that close contacts in the following groups receive the highest priority for testing:
  - Hospitalized patients
  - Healthcare personnel
  - First responders (e.g., EMS, law enforcement, firefighters)
- As additional testing capacity is available, SD-DOH encourages medical providers to test close contacts according to the CDC Priority Levels:
  - Priority 1
    - Individuals living, working, or visiting acute care, skilled nursing, mental health, and long-term care facilities
    - Individuals living, working, or visiting community congregate settings (e.g., correctional facilities, homeless shelters, educational institutions, mass gatherings, and workplaces)
    - Members of a large household living in close quarters
    - Individuals who live in, or providing care in, households with a higher risk individual
  - Priority 2
    - Critical infrastructure workers
    - Individuals 65 years of age and older
    - Individuals at higher risk for severe disease
    - Pregnant women

**Isolation Discontinuation Guidance** available for healthcare settings at <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-hospitalized-patients.html> and for home isolation at <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>.

#### Key Points:

- Test-based strategy for release from isolation is no longer routinely recommended by CDC. Use of testing to discontinue isolation or transmission-based precautions should only be considered for severely immunocompromised patients in consultation with an infectious disease physician.

- Updated criteria for release of isolation for persons at home:
  - At least 10 days have passed since symptom onset, AND
  - At least **24 hours** have passed since:
    - Resolution of fever, AND
    - Other symptoms have improved

*Persons who never developed COVID-19 symptoms may be released 10 days after their first positive test.*
- Updated criteria for discontinuing transmission-based precautions for patients or residents in a healthcare setting (e.g., acute care hospital or long-term care facility):
  - A test-based strategy is no longer routinely recommended because, in the majority of cases, it results in prolonged isolation of patients who continue to shed detectable SARS-CoV-2 RNA but are no longer infectious. A test-based strategy could be considered for patients (e.g., severely immunocompromised) in consultation with an infectious disease physician if concerns exist for a patient being infectious for more than 20 days.
  - For patients with mild to moderate illness who are not severely immunocompromised:
    - At least 10 days have passed since symptom onset, AND
    - At least **24 hours** have passed since:
      - Resolution of fever, AND
      - Other symptoms have improved
  - For patients with severe to critical illness or who are severely immunocompromised:
    - At least 20 days have passed since symptoms first appeared, AND
    - At least 24 hours have passed since:
      - Last fever without the use of fever-reducing medications, AND
      - Symptoms (e.g., cough, shortness of breath) have improved

*For severely immunocompromised patients who were asymptomatic throughout their infection, transmission-based precautions may be discontinued when at least 20 days have passed since the date of their first positive viral diagnostic test.*

**Severe illness:** Individuals who have respiratory rate >30 breaths per minute, SpO<sub>2</sub> <94% on room air (or a decrease >3% from baseline for patient with chronic hypoxemia), ratio of arterial partial pressure of oxygen to fraction of inspired oxygen (PaO<sub>2</sub>/FiO<sub>2</sub>) <300 mmHg, or lung infiltrates >50%.

**Critical illness:** Individuals who have respiratory failure, septic shock, and/or multiple organ dysfunction.

**Severely immunocompromised:** Not clearly defined. Includes conditions such as being on chemotherapy for cancer, untreated HIV infection with CD4 T lymphocyte count <200, combined primary immunodeficiency disorder, and receipt of prednisone >20mg/day for more than 14 days, may cause a higher degree of immunocompromise.

**Immune Response to SARS-CoV-2 and Potential for Re-Infection** available at

<https://www.cdc.gov/vaccines/acip/meetings/index.html>

- Most COVID-19 patients mount serum antibody responses
- Even mild cases of COVID-19 result in development of antibodies
- Magnitude of antibody response roughly correlates with severity (consistent with other coronavirus infection)
- A portion of individuals with antibody responses may not develop serum neutralizing antibody responses
- By 8 weeks after discharge, a portion of patients have dropped below 50% inhibition neutralization threshold
- At this time, CDC has not identified any evidence for re-infection within 90 days of symptom onset

**Testing at the South Dakota Public Health Laboratory**

The following groups of individuals will be prioritized for viral testing:

- Hospitalized patients
- Healthcare workers, first responders, and active military, with symptoms

- Individuals living or working in institutional settings, such as long-term care facilities, with symptoms
- Underinsured or uninsured individuals, with symptoms
- Low-income individuals or those unable to pay for testing, with symptoms
- Homeless individuals with symptoms

**Whether a person tests positive or negative for COVID-19, preventive measure should still be used to protect yourself and others.**

Preventive measures include the following:

- Know how COVID-19 spreads to avoid being exposed to the virus
- Wash your hands often
- Avoid close contact with others outside your home
- Cover your mouth and nose with a cloth face cover when around others, such as at the grocery store or to pick up other necessities
- Cover coughs and sneezes to prevent the spread of the virus
- Clean and disinfect frequently touches surfaces daily