September 29, 2020

South Dakota Considerations for Patient Education Around COVID-19 Contact Tracing

The South Dakota Department of Health (SD-DOH) follows CDC isolation and quarantine guidelines and requests that medical providers reinforce the following when providing patient education.

Persons being tested for SARS-CoV-2 infection are recommended to isolate at home awaiting test results
- CDC and SD-DOH recommend staying at home and contacting your medical provider if you might have COVID-19 or have tested positive for SARS-CoV-2 infection. https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html
- A positive SARS-CoV-2 test result initiates the investigation by SD-DOH staff.
- There is no specific recommendation to quarantine the household members of a person awaiting test results. Medical providers should balance the level of suspicion of COVID-19 infection with the impact to the patient related to loss of wages or learning.

SD-DOH will contact all positive cases to collect information about their illness and provide guidance
- CDC and SD-DOH recommend SARS-CoV-2 testing of all close contacts to a COVID-19 case, whether symptomatic or asymptomatic. https://www.cdc.gov/coronavirus/2019-ncov/hcp/testing-overview.html
  - SD-DOH recommends that SARS-CoV-2 testing priority be given to close contacts in the household setting due to the prolonged exposure time and subsequent risk of infection.
- Patients testing positive for SARS-CoV-2 infection should be counseled to start a list of their close contacts (with phone number, email address, and mailing address) to speed the process when contacted by SD-DOH.
- Persons who test positive for SARS-CoV-2 are encouraged to notify their close contact to aid prompt testing and identification of COVID-19.

Recommendations for Isolation and Quarantine
- Isolation - https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html
  <u>With Symptoms:</u>
  - At least 10 days since symptoms first appeared AND
  - At least 24 hours with no fever without using fever-reducing medication AND
  - Other symptoms are improving
    Note: Patients with severe to critical illness from COVID-19 or who are severely immunocompromised may be isolated for up to 20 days: https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-hospitalized-patients.html
  <u>No Symptoms:</u>
  - 10 days have passed since the date the positive specimen was collected
- Quarantine - https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html
  - Stay at home for 14 days after your last contact with a person who has COVID-19.
    - https://doh.sd.gov/documents/COVID19/COVID_contact_tracing.pdf
  - If a person is within 90 days of their first positive test for SARS-CoV-2, no quarantine is recommended due to the low risk for reinfection.

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:
- Wash your hands often
- Cover your coughs and sneezes with a tissue
- Avoid close physical contact (within 6 feet) with others, especially people who are sick
- Wear a cloth face mask when physical distancing is not possible
- Avoid touching your eyes, nose, and mouth
- Clean and disinfect frequently touches surfaces daily