

October 27, 2020

## South Dakota Patient Education Reminders & NEW Close Contact Definition

**NEW Close Contact Definition issued by CDC:** anyone who was within 6 feet of an infected person for a total (cumulative) duration of 15 minutes or more in 24 hour period.

Medical providers are requested to provide the following education to their patients who test positive for SARS-CoV-2:

- Isolate at home until the [criteria for release](#) are met. This includes staying away from others in the home, if possible. Older adults and persons with underlying medical conditions are most at risk of severe infection.
- Monitoring symptoms and seeking emergency medical care immediately with the following warning signs: trouble breathing, persistent pain or pressure in the chest, new confusion, inability to stay awake, bluish lips or face.
- Create a list of all persons who may have been exposed. A person testing positive is infectious 2 days prior to symptom onset or, if no symptoms are present, 2 days prior to specimen collection.
- Tell close contacts that they may have been exposed to COVID-19. Decreasing time to close contact notification allows the exposed person to monitor their symptoms and stay at home in [self-quarantine for 14 days after their last contact](#). This is especially important for those who are older or with underlying medical conditions.
- Awareness that SD-DOH prioritizes case investigations for the following groups:
  - Young children aged Birth to 18 years (daycare and school-aged)
  - Older adults aged 65 years and over
  - Persons living or working in congregate living settings (e.g., correctional settings and long-term care facilities)
  - Individuals may be asked to complete an online survey to assist with contact tracing effort
  - Individuals may be contacted by phone, e-mail or letter depending on the information provided to the Department
- Continue to take prevention steps even after release from isolation.
- Contact the South Dakota COVID-19 Information Line at 800-997-2880 if they need a release from isolation letter to return to work.
- No quarantine (from a new COVID-19 exposure) is needed for 3 months after a person tests positive for SARS-CoV-2.

**REMINDER:** Positive and Negative test results (molecular and antigen) should be reported to SD-DOH on the day the testing is conducted so investigations can begin promptly.

**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