The purpose of this letter is to help provide information on the process at Barren River District Health Department (BRDHD) regarding the isolation of COVID-19 cases and quarantine of contacts. BRDHD follows the Kentucky Department for Public Health (KDPH) and the Center for Disease Control and Prevention (CDC) for guidelines on this topic. Please consult a member of the BRDHD COVID-19 notification team for guidance regarding the release of an individual from isolation.

Please keep in mind that these guidelines are subject to change as we continue to learn more about the nature of COVID-19. These guidelines were last updated on July 2, 2020.

**Isolation of a confirmed case of COVID-19:**

“Isolation is used to separate people infected with the virus (those who are sick with COVID-19 and those with no symptoms) from people who are not infected. People who are in isolation should stay home until it’s safe for them to be around others” (CDC).

| It is the jurisdiction and authority of BRDHD to release COVID-positive individuals from isolation prior to them returning to work, school, or other daily activities. Reported cases will be issued isolation orders and provided notification of release from isolation. |

| In order for BRDHD to determine isolation release, all cases (symptomatic and asymptomatic) are required to complete a daily symptom survey. |

| BRDHD does not utilize a test-based strategy, in which an individual would be required to test negative to be released from isolation. |

**When the infectious period of a confirmed case begins:**

- An individual who was **symptomatic** when their first positive COVID-19 test was collected has an infectious period that starts **2 days** before their first symptoms started.

- An individual who was **asymptomatic** when their first positive COVID-19 test was collected has an infectious period that starts **10 days** before their first positive COVID-19 test was collected.
Isolation of symptomatic individuals with a positive test (symptom-based criteria):
Anyone positive for COVID-19 who has symptoms will be directed to isolate until they have met all of the following “symptom-based” criteria. This includes employees, healthcare workers, and others that are symptomatic:
- At least 3 days (72 hours have passed since recovery) defined as resolution of fever without the use of fever-reducing medications; and,
- Improvement in symptoms; and
- At least 10 days have passed since symptoms first appeared.

Isolation of asymptomatic (never had symptoms) individuals with a positive test (time-based criteria):
Anyone positive for COVID-19, who has NOT had symptoms, will be directed to isolate until they have met the following “time-based” criteria. This includes employees, healthcare workers, and others who are asymptomatic:
- At least 10 days have passed since the date of the specimen collection; and
- No symptoms have developed during this 10 day period.
- If a previously asymptomatic case does develop symptoms, then the above “symptom-based” criteria will need to be met prior to release from isolation.

When a case has been released from isolation by BRDHD:
- They are expected to wear a surgical face mask for universal source control in a public setting.
- With some exceptions, they will not have to enter quarantine if they are identified as a close contact to another case of COVID-19.

Quarantine of Close Contacts:
“Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department” (CDC).

Exposure is based upon being within than 6 feet of the case for more than 15 minutes while the case is infectious/contagious.

Individuals who are exposed to a contact but not exposed to a case (i.e. a contact to a contact) are not asked to quarantine unless that contact becomes a case. At that point, the individual would meet the criteria for close-contact.
Quarantine begins immediately after exposure to a confirmed case during their infectious period.

- BRDHD utilizes both case interviews and community support to effectively perform contact tracing. Anyone determined to be a close contact to a case of COVID-19 should immediately begin quarantine, regardless of whether or not they have been contacted by BRDHD.
- BRDHD will establish initial communication with individuals in quarantine. They are provided with the Restricted Movement and Self-Monitoring letter. Individuals in quarantine are to adhere to the guidance supplied in this letter. These individuals are expected to self-monitor, therefore they do not receive a formal release from quarantine.

Quarantine ends one incubation period (14 days) after the last day the contact had exposure to the case.

- For individuals who have ongoing contact with a confirmed case (i.e. live in the same household), quarantine continues until one incubation period (14 days) after the final case they have ongoing contact to is released from isolation per BRDHD.
- If a close contact tests positive they will be considered a case and will follow BRDHD isolation criteria.
- If a close contact tests negative during their 14-day quarantine they will remain in quarantine. This is due to the contact still being within the incubation period; they are still at risk to develop disease from their exposure.
- If a close contact develops symptoms during their quarantine period, they should be tested for COVID and remain in quarantine.

See:

  - This link also contains our release to work guidelines using the “Symptom-based Strategy”.
- You may also visit the governor’s Healthy at Work website that is routinely updated for further guidance: https://govstatus.egov.com/ky-healthy-at-work