

COVID-19 Investigations 101

A crash course in quarantine, isolation, and contact tracing

July 29, 2020



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Definition of Common Terms

- ▶ **Confirmed case:** In order to be considered a confirmed case, the person must have a laboratory confirmed positive COVID-19 diagnostic test.
- ▶ **Close contact:** Any individual who has been within 6 feet of the confirmed case for a prolonged period (at least 15 minutes) of time while the confirmed case was infectious. Additional variables are considered which we will discuss later in the presentation.
- ▶ **Infectious period:** The timeframe when the confirmed case is considered infectious and capable of transmitting the virus to another person.
- ▶ **Incubation period:** The time when someone is exposed to a disease agent until they become ill. For COVID-19, the incubation period can range from 2-14 days after exposure.

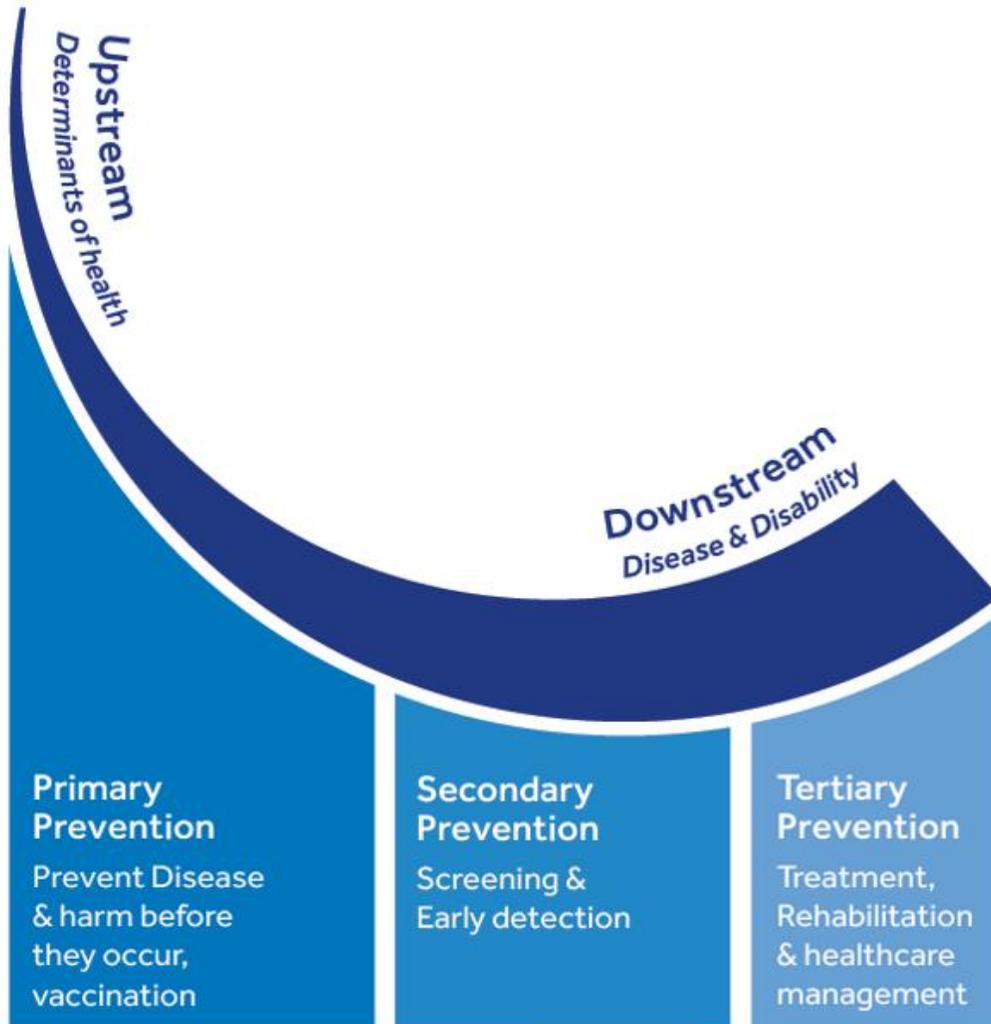


Definition of Common Terms

- ▶ **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.
- ▶ **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.**
- ▶ **Probable case:** A person is counted as a COVID-19 probable case if they are not positive by a confirmatory laboratory test, but have a combination of other factors. These other factors are symptoms of COVID-19, exposure to COVID-19 (for example, being a contact of someone who has laboratory confirmed COVID-19), or a positive non-confirmatory laboratory test (for example, a blood test that detects antibodies against the virus causing COVID-19).



Public Health Work is Prevention



Primary Prevention

Examples:

- Washing hands frequently
- Physical distancing
- Wearing a cloth face covering
- Limiting gathering sizes

Secondary Prevention

Examples:

- Disease investigation and contact tracing
- Quarantine
- Increasing testing

Tertiary Prevention

Examples:

- Isolation
- Increasing healthcare capacity

The goal of disease investigation
and contact tracing.



Prevent the spread of disease.



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Testing

- ▶ Employees and community members are encouraged to contact their primary health care provider to request testing
- ▶ If they do not have a primary health care provider or their provider/health system isn't able to complete testing, we encourage them to check out these resources:
 - ▶ Chippewa County Department of Public Health Testing Locations Page
 - ▶ Wisconsin DHS COVID-19 Community Testing Sites
 - ▶ Contact Chippewa County Department of Health at 715-726-7900 or covid@co.chippewa.wi.us



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So what happens if someone tests positive for COVID-19?



**COVID-19
Positive
Individual**

Notification

- A Public Health Nurse from the individual's county of residence makes contact with the person who tested positive and their employer to notify of results

HIPPA/PRIVACY

Businesses are not required to disclose to the public if an employee tests positive for COVID-19, but they can choose to do so. Businesses and the Health Department are **not** allowed to release the name of individuals or employees who test positive to the public or co-workers.



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Isolation

- The positive individual must not have contact with others until they are well for 1 day AND at least 10 days have passed since symptoms began



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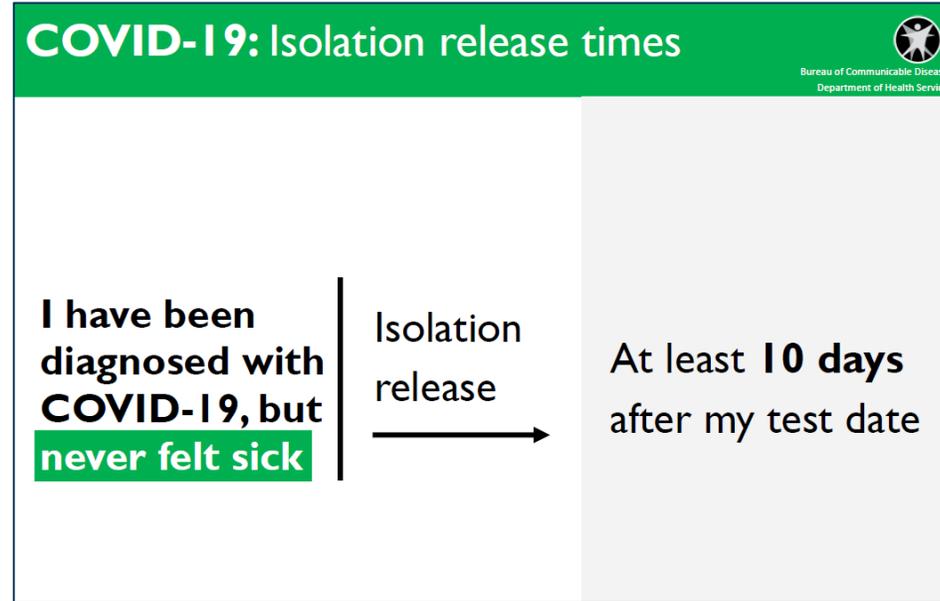
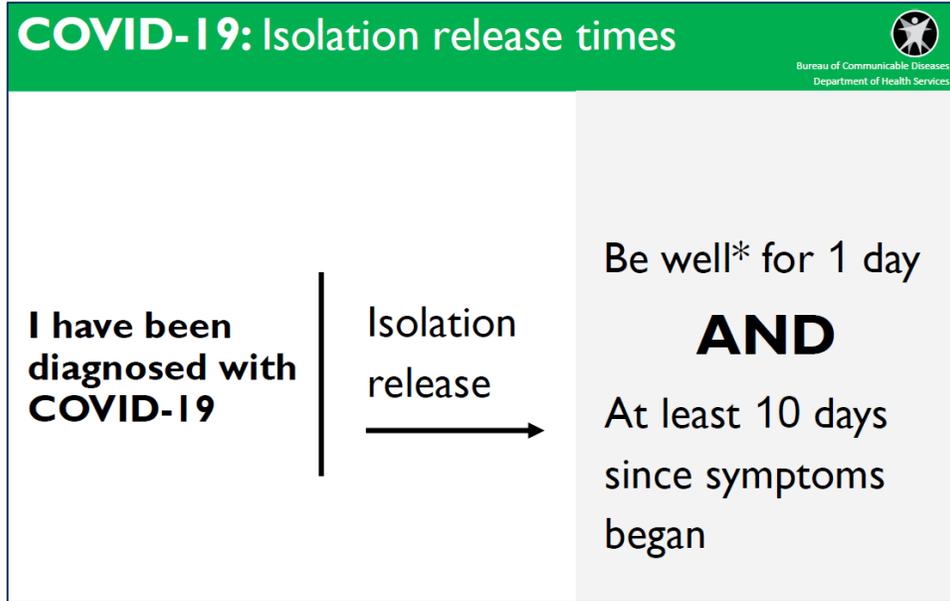
Isolation Instructions

- ▶ **Stay home.** It is important that you avoid contact with others. We now know that you can spread COVID-19 to others beginning two days before symptoms start until a few days after you recover; this is known as the “infectious period.” Even if you never develop any symptoms, you may be able to spread COVID-19 to others.
- ▶ **Take steps to prevent others in your household from getting sick.**
 - ▶ Separate yourself from other people in your home.
 - ▶ Wear a face mask or covering if you have to be around other people.
 - ▶ Cover your coughs and sneezes and clean your hands often.
 - ▶ Avoid sharing personal household items.
 - ▶ Clean high-touch surfaces everyday.



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Isolation Release Times

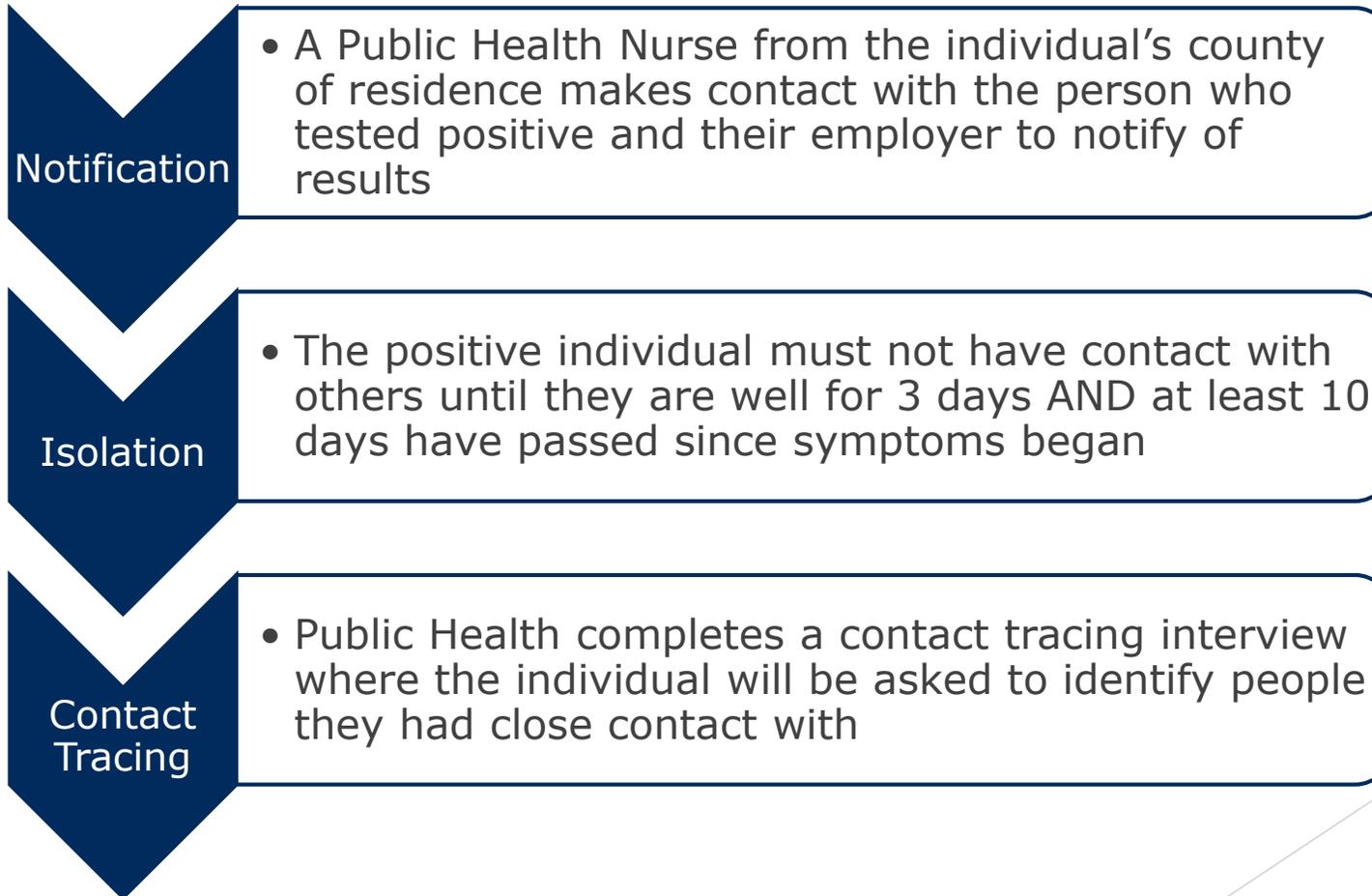


*free of fever, productive cough, and other symptoms of respiratory infections

So what happens if someone tests positive for COVID-19?



**COVID-19
Positive
Individual**



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Contact Tracing

- ▶ For purposes of contact tracing, the infectious period is 2 days prior to the symptom onset date of the person who tested positive.
- ▶ You are a "close contact" if any of the following situations happened while you spent time with the person with COVID-19, even if they didn't have symptoms:
 - ▶ Had direct physical contact with the person (for example, a hug, kiss, or handshake)
 - ▶ Were within 6 feet of the person for more than 15 minutes (this is cumulative—for example, three 5 minute interactions would count)
 - ▶ Had contact with the person's respiratory secretions (for example, coughed or sneezed on; contact with a dirty tissue; shared a drinking glass, food, towels, or other personal items)
 - ▶ Stayed overnight for at least one night in a household with the person

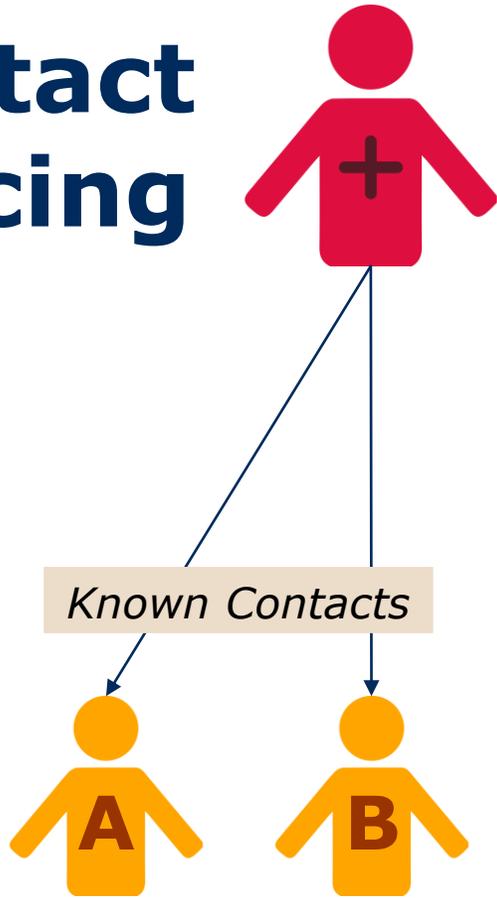


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REMEMBER

Someone who is sick with COVID-19 can spread it two days before they show any symptoms. Not everyone with COVID-19 will have symptoms, but they may still spread it to others.

Contact Tracing



COVID-19 Positive Individual

If you have tested positive for COVID-19, you will be asked to identify people you had contact with.

Contact Tracing

Close contacts are required to monitor for symptoms and quarantine.



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Quarantine Instructions

- ▶ Stay home as much as possible. It is important that you avoid others to prevent spreading the infection.
 - ▶ If you live with someone who has COVID-19 and you are at higher risk for serious illness, you should find an alternative living arrangement separate from the sick family member, if possible.
- ▶ Most people should not go to work if they have to be around other people. Talk with your employer about working remotely if your employer allows it. Health care workers should contact their employee health for their current policy.
- ▶ Avoid travel. If travel is absolutely necessary, and you become ill, you may not be able to return home until after you recover. When you get home, you will be asked to continue self-quarantining and self-monitoring for 14 days.
- ▶ Wash your hands often and practice good hygiene.



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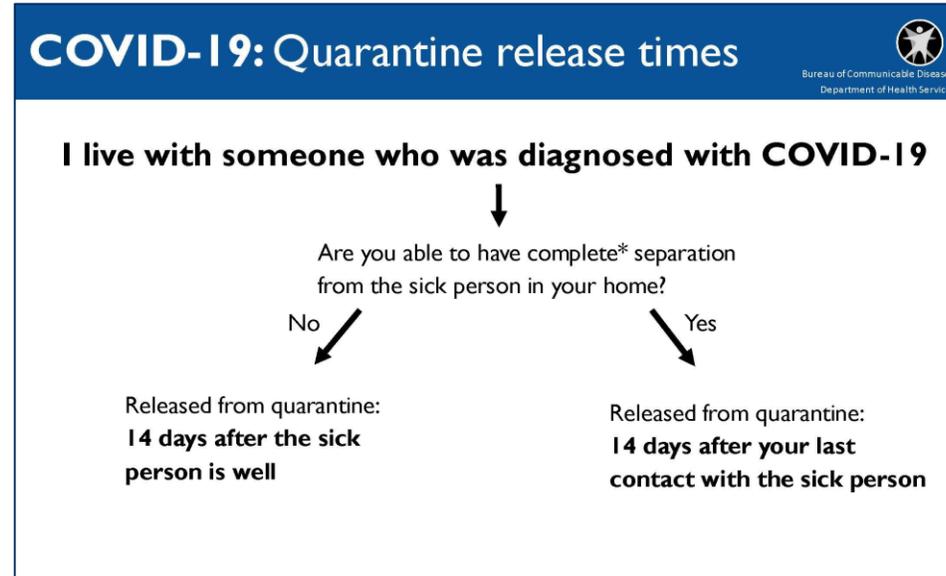
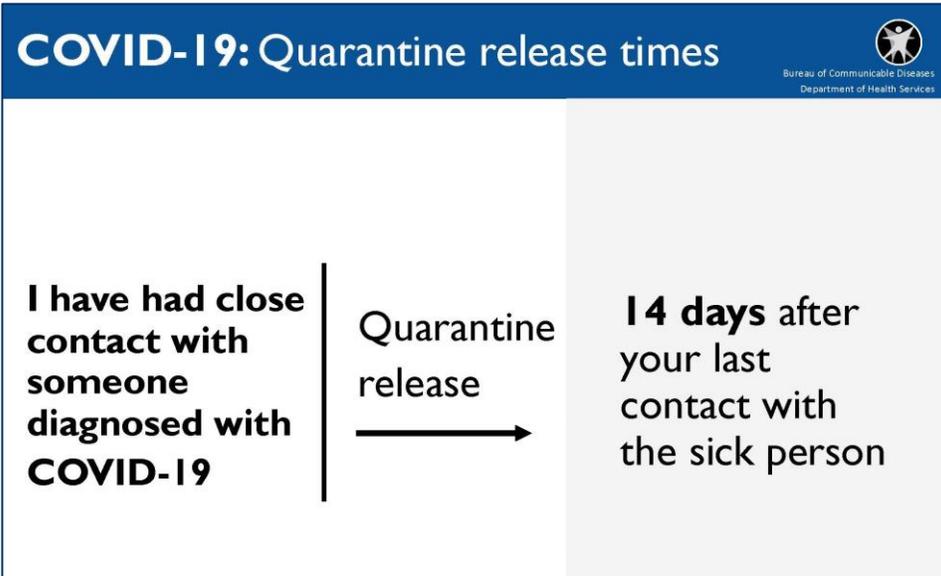
Quarantine Instructions

- ▶ Go out only if absolutely necessary. Instead, see if someone can drop off essentials at your house. If you need to go out, limit your travel to essential needs, for example, going to the doctor, getting groceries, or picking up medication. Remember to always wear a cloth face covering.
- ▶ Postpone all non-essential medical appointments until your quarantine is over. If you have an essential appointment during quarantine, call your doctor about what arrangements can be made.
- ▶ Do not use public transportation, ride-sharing, or taxis.
- ▶ Wear a face mask or covering if you have to be around others. This helps protect others by preventing respiratory droplets from getting into the air.



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Quarantine Release Times



IMPORTANT

If a close contact gets tested during their quarantine period, and they test negative, they will still need to complete their full 14-day quarantine before it is safe to go back to work or be around others.

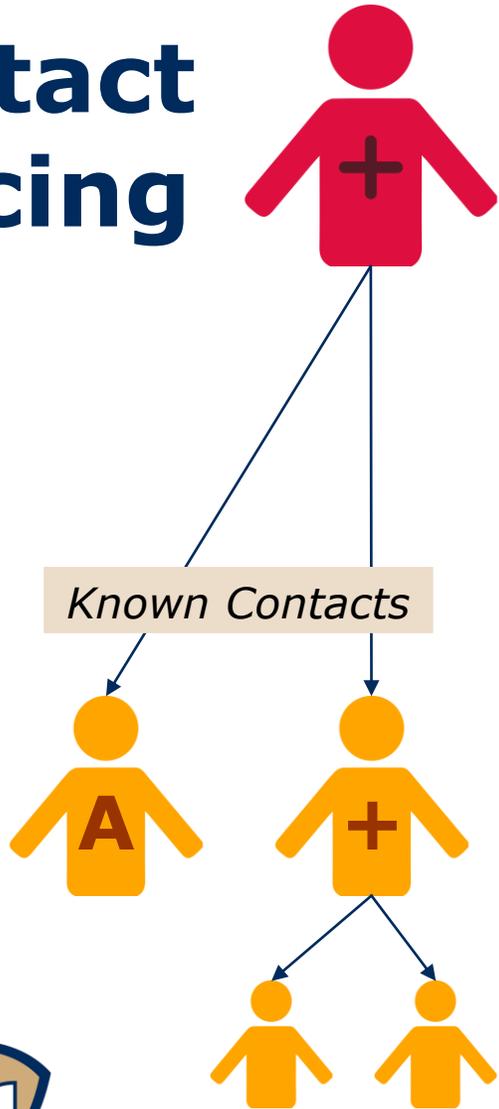
Self-Monitor Instructions

- ▶ **Measure your temperature twice a day**, once in the morning and once at night. If you do not have a thermometer, Public Health has some available to provide.
- ▶ **Watch for cough, difficulty breathing, or other symptoms of COVID-19.** Write down any symptoms you have and when they begin. Public Health, or your local health department, will give you instructions if they want you to report your symptoms to the health department regularly through a phone call or email.



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Contact Tracing



COVID-19 Positive Individual

If you have tested positive for COVID-19, you will be asked to identify people you had contact with.

What if a contact develops symptoms or tests positive?

The contact would become a new positive individual or probable case and we would repeat the contact tracing process.

They will have a new release date based on isolation guidance—be well for 1 days AND at least 10 days passed since symptoms began



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Contact Tracing



COVID-19 Positive Individual

Unknown Contacts



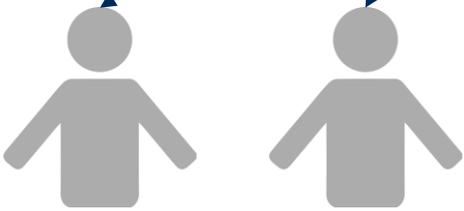
Missed Contacts

We may not be able to contact trace every person a positive individual has come into contact with. Contact(s) may unknowingly spread the disease.

Public Notification Alert

Depending on the locations the positive individual visited, Public Health may need to issue a Public Notification Alert.

Known Contacts



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Public Health Notification



PUBLIC NOTIFICATION ALERT

**POTENTIAL
COVID-19
EXPOSURE**



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Facility-Wide Public Health Investigations

- ▶ **Public Health Investigation definition:** One or more cases of COVID-19 in a given area or among a specific group of people
- ▶ A single confirmed case in the following setting initiates a facility-wide public health investigation:
 - ▶ Long-term care facilities include skilled nursing facilities (nursing homes) and assisted living facilities (community-based residential facilities and residential care apartment complexes).
- ▶ Two or more confirmed cases in the following settings initiate a facility-wide public health investigation:
 - ▶ Group housing facilities include correctional facilities, homeless shelters, dormitories, and group homes.
 - ▶ Health care facilities include hospitals, clinics, dialysis centers, hospice, and in-home care.
 - ▶ Workplace (non-health care) settings include manufacturing and production facilities, distribution facilities, offices, and other indoor workplaces.
 - ▶ Other settings include adult or child day care centers, restaurants, event spaces, and religious settings.

What can we do to prevent and prepare for employees testing positive for COVID-19?

- ▶ Physical distancing, ensuring sick employees stay home, and wearing masks are three of the best strategies we have
 - ▶ Build a workplace culture where it is okay to not come to work even with mild symptoms – could they work from home if the symptoms would still allow the employee to complete work?
 - ▶ Ensure employees are wearing cloth face coverings and physical distancing is happening not only when they are around visitors/clients, but also when they are around each other, especially in breakrooms and communal spaces
- ▶ Encourage staff to establish with a primary care provider if they do not currently have one
 - ▶ This will reduce barriers in the event they need to seek medical care or be tested



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Why has guidance been changing so much?

- ▶ COVID-19 is a novel virus.
 - ▶ Novel = new
 - ▶ No prior research
- ▶ Make sure your sources are credible.
 - ▶ Typical scrutiny of websites applies
 - ▶ Try to find sources with .edu, .org, or .gov
 - ▶ Epidemiologists and other Public Health Degrees (MPH, DrPH), Infectious Disease Doctors
 - ▶ Sources that CCDPH recommends:
 - ▶ Center for Disease Control and Prevention
 - ▶ Wisconsin Department of Health Services
 - ▶ Local Health Department
 - ▶ FEMA Rumor Control



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Questions

- ▶ Contact Chippewa County Department of Public Health
 - ▶ Phone: 715-726-7900
 - ▶ Email: covid@co.chippewa.wi.us



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