




Instructions for City of Great Bend Staff related to exposure to COVID-19

<p>Definition Exposed: a person is considered to be exposed if they have been within 6 feet for 10 min to someone who tests positive for COVID.</p>	<p>If a person tests positive for COVID 19:</p>	<p>If a person has been exposed to someone who is COVID 19 positive or, have been around someone within 48 hours who shows signs and symptoms of COVID 19.</p>	<p>(Third Party Exposure) Exposed to an individual who was exposed to someone who tested positive COVID 19:</p>
<p>Isolate: to remain alone or apart from others.</p> <p>Quarantine: a 14-day incubation period in which people are placed who have arrived from elsewhere or have been exposed to infectious or contagious disease.</p>	<p>1. They must isolate for a minimum of 10 days from the onset of symptoms or an asymptomatic positive COVID test.</p> <p>2. Must be fever free without fever reducing agents for 72 hours and showing improvement of symptoms.</p> <p>Employees may not come back to work until they have met <u>both</u> requirements.</p>	<p>1. 14-day quarantine from last day of exposure.</p> <p>2. If symptoms develop isolate and contact health department of your physician.</p>	<p>1. No quarantine, self-monitor condition.</p> <p>2.If you develop symptoms contact health department or your physician.</p> <p style="padding-left: 40px;">a. Quarantine until provided instruction from health department.</p>

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The City will also follow the KDHE mandates on travel restrictions. <https://www.coronavirus.kdheks.gov/175/Travel-Exposure-Related-Isolation-Quaran> If you have voluntarily traveled to any location listed on the KDHE website, you will be required to quarantine for 14 days. You may qualify for Extended Paid Sick Leave or, would be able to use accrued sick/vacation time to cover this quarantine. Department Heads must notify the Health Department in this situation and the Health Department will send a quarantine letter to the employee.

What are the differences between social distancing, quarantine, and isolation?

	Social Distancing	Quarantine	Isolation
<p>Who is it for?</p> 	<p>Anyone who hasn't been exposed to the disease.</p>	<p>People or groups who don't currently have symptoms but were exposed to the disease.</p>	<p>People who are already sick with the disease.</p>
<p>What is it?</p> 	<p>A day-to-day precautionary measure used by non-exposed people to help prevent the spread of a disease.</p>	<p>A prevention strategy used to monitor and separate well people who may have been exposed to a disease for a certain amount of time to see if they become ill. Helps prevent the spread of disease. Usually takes place in the home.</p>	<p>A prevention strategy used to separate people who are sick with an infectious disease from healthy people. Helps limit the spread of disease. Can take place in the home or hospital. Healthcare providers often send patients to home-isolation when they no longer require medical attention.</p>
<p>When do I use it?</p> 	<p>All the time until further direction by KDHE or the local health department.</p>	<p>If you have recently traveled to a country or US state with widespread community transmission of COVID-19, or been on a cruise or river cruise, or if you have come into close contact with someone who has COVID-19.</p> <p>Consult the KDHE website or contact your local health department if you are unsure if you should self-quarantine.</p>	<p>If you are waiting for COVID-19 test results, have tested positive for COVID-19, or have symptoms of the disease without a test. Contact your healthcare provider immediately if you are experiencing symptoms severe enough to seek healthcare. If symptoms are mild, stay at home and isolate away from others.</p>

RELEASING CASES AND CONTACTS FROM ISOLATION AND QUARANTINE

*Adapted from TN Dept of Health

CASES

Must be isolated for a minimum of 10 days after onset and can be released after afebrile and feeling well (without fever-reducing medication) for at least 72 hours, whichever is longer.



Note: Lingering cough should not prevent a case from being released from isolation.

Examples:

- A case that is well on day 2, and afebrile and feeling well for 72 hours, can be released from isolation on day 10.
- A case that is well on day 6, and afebrile and feeling well for 72 hours, can be released from isolation on day 10.
- A case that is well on day 14, and afebrile and feeling well for 72 hours, can be released from isolation on day 17.

HOUSEHOLD CONTACTS

Must be quarantined for 14 days after the case has been released from home isolation (because exposure is considered ongoing within the house).



If a household contact develops symptoms, they should be tested.

This means that household contacts may need to remain at home longer than the initial case.

Examples:

- A case is well 3 days after onset, case released from isolation on day 10, household contact must remain quarantined until day 24.
- A case is well 7 days after onset, case released from isolation on day 10, household contact must remain quarantined until day 24.
- A case is well 14 days after onset, case released from isolation on day 17, household contact must be quarantined until day 31.

NON-HOUSEHOLD CONTACTS

Must be quarantined for 14 days from the date of last contact with the case.

