



Introduction

To reduce the spread of COVID-19 from individuals that are ill to those that share a high probability of infection due to exposure to an infectious person, ALL ill and exposed people are required to be identified and quarantined or isolated for a period determined by the Public Health Officer. This document establishes specific Cowley County guidelines for quarantine and isolation periods and defines a set of key terms. These guidelines are subject to change and will be amended as necessary by the Public Health Officer. For the most current guidance contact the City-Cowley County Health Department at 620-221-1430.

Key Terms

- ***Case:*** Anyone that has tested positive for COVID-19 via PCR or antigen test.
- ***Exposure:*** Occurs when a person is within 6 feet of an infectious person for 15 minutes or longer.
- ***Infectious Person:*** A case is considered infectious 2 days before symptom onset or when symptom onset cannot be determined, 2 days prior to the date of the first positive specimen.
- ***Non-household Contacts:*** Anyone that was exposed to COVID-19 case but does not live with the infected person.
- ***Household Contacts:*** Anyone that lives in the same household as a person infected with COVID-19.
- ***Fully Vaccinated:*** People that have completed the mRNA vaccine series (received 2 doses of Moderna or Pfizer Vaccinations) and have had 2 weeks pass post vaccination, or those that have received 1 dose of the Janssen COVID-19 Vaccine and have had 2 weeks pass post vaccination.
- ***Immunity:*** Individuals that have been fully vaccinated, OR people who have tested positive for COVID-19 via PCR or antigen test and have fully recovered from illness within the last 6 months.
- ***Isolation:*** A MINIMUM 10-day period away from others that MUST be served by people that have tested positive and are ill with COVID-19.
- ***Quarantine:*** A defined number of days (usually 10) spent separated from others, served by people who are exposed to an infectious person but have not tested positive or had illness begin.

NON-HOUSEHOLD CONTACTS WITH IMMUNITY

Non-household contacts with immunity are exempt from quarantine protocols if they remain asymptomatic. Asymptomatic non-household contacts with immunity are encouraged to be tested via a PCR or antigen test 5-7 days after any exposure to an infectious person to confirm that no infection exists. Any time a non-household contact with immunity begins to experience illness symptoms, they should be tested immediately.



NON-HOUSEHOLD CONTACTS WITH NO IMMUNITY

Non-household contacts with no immunity are required to quarantine for a period that may vary depending on circumstances (COVID-19 may take up to 14 days to appear). If the person develops any illness symptoms they **MUST** test immediately. If the exposed person remains asymptomatic, they may be tested 5-7 days following their last exposure to the infectious person, using a PCR or antigen test. If the person receives a negative result at that time and remains asymptomatic, they may conclude their quarantine period on day 8 of the separation period. However, if the person receives a positive result at that time, the quarantine period ends BUT a new MINIMUM 10-day isolation period begins. Any person that tests positive using an antigen or PCR test is considered to be infected and **MUST** serve a MINIMUM 10-day isolation period in order to recover from the illness.

HOUSEHOLD CONTACTS WITH IMMUNITY

Household contacts with immunity are exempt from quarantine protocols if they remain asymptomatic. Asymptomatic household contacts with immunity are encouraged to be tested via a PCR or antigen test 5-7 days after any exposure to an infectious person to confirm that no infection exists. Any time a household contact with immunity begins to experience illness symptoms, they should be tested immediately.

HOUSEHOLD CONTACTS WITH NO IMMUNITY

Illness in a family setting where no immunity exists is most likely to spread from person to person.

Household contacts with no immunity are required to quarantine for a period that may vary depending on circumstances (COVID-19 may take up to 14 days to appear). If a family member in your household tests positive and is isolated at home your exposure will be ongoing during the period of illness. Because each family dynamic is unique, guidelines for household contacts without immunity may vary depending on circumstance and will be established by the Public Health Officer on a case-by-case basis. This could mean that household contacts with no immunity may be required to remain at home for a longer period than the first person who tests positive.

If at any time a household contact with no immunity begins to experience illness symptoms, they need to be tested immediately. Household contacts with no immunity will need to remain at home and be excluded from all activities for a **MINIMUM** of 10 days.

Household contacts with no immunity that do not develop symptoms, may be tested on day 10 of their quarantine period via a PCR test. If the household contact with no immunity tests negative at that time and remains asymptomatic, they may be released from quarantine on Day 11.

HOWEVER, if the person develops illness symptoms OR receives a positive test result during their quarantine period, their MINIMUM 10-day isolation period will begin. If the person chooses not to be tested and remains asymptomatic, they are required to quarantine a MINIMUM of 14 days from initial exposure.