


**LIVE SESSION:
Updated Quarantine and
Isolation Guidance – What You
Need to Know**

January 13, 2022



Topics	Presenters
Announcements <ul style="list-style-type: none">• Poll Results	 Elizabeth Murray <i>COVID-19 Project Manager</i> Laura Farrell <i>Contact Tracing Program Manager</i>
Updated CDC and NC DHHS Guidance <ul style="list-style-type: none">• Boosters and Vaccines• Changes to Quarantine and Isolation• What You Need to Know	
Updates to NC K-12 Schools Guidance <ul style="list-style-type: none">• Guidance Updates Based on CDC Changes• Test-to-Stay Pilot and Impact on Mask-Mandated Settings	
Q&A	

Q&A will be reviewed at the end of the presentation - please use the Q&A Box to submit your questions as you have them!

Chat Raise Hand **Q&A**



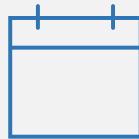
Announcements



Thanks for your responses to last session's riddle! **Here's the recap...**

Question:

In what location does Friday come before Thursday?



Answer:

The dictionary! (8%)



HONORABLE MENTIONS:

- “My brain”
- “Anywhere with a TGI Friday’s”
- “When in good company”



Updated CDC Guidance as of January 2022



The **CDC** recommends that **COVID-19** vaccines made by **Moderna and Pfizer** are the best choice for most people for preventing severe illness and hospitalization from **COVID-19**.

- **The CDC emphasizes that receiving any vaccine, including the Johnson & Johnson vaccine, is better than being unvaccinated.** All three vaccines have prevented millions of hospitalizations and deaths of people in the U.S.
- **Boosters** are shown to offer greater protection against infection with COVID-19. The recent emergence of the Omicron variant further emphasizes the importance of vaccination, boosters, and prevention efforts needed to protect against COVID-19.
- Those who received a J&J vaccine can seek a booster shot of either the Pfizer or Moderna vaccine. **People who prefer to receive the J&J vaccine or who cannot receive an mRNA vaccine will continue to have access to it.**



Scenario 1

Scenario 2

Scenario 3

Scenario 4

Scenario 5

Which of the following does the CDC recommend as the BEST choice for most people preventing severe illness and hospitalization from COVID-19?

- 1. Pfizer**
- 2. Moderna**
- 3. J&J**
- 4. Both 1 and 2**

Tasks

Correctly identify the action required in each scenario.

Key Learnings

- ▶ Understanding the guidance updates

Scenario 1

Scenario 2

Scenario 3

Scenario 4

Scenario 5

Which of the following does the CDC recommend as the BEST choice for most people preventing severe illness and hospitalization from COVID-19?

1. Pfizer
2. Moderna
3. J&J
4. **Both 1 and 2** - but receiving any vaccine is better than none at all! *Please remember that this information is for your reference only, and you should NOT give any medical advice.*

Tasks

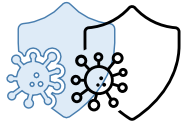
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CDC Updated Guidance for COVID-19 Vaccines



The CDC has made an updated series of recommendations impacting the **Moderna & Pfizer COVID-19 vaccines**. This includes changes to time between doses, authorization of a third dose, and booster dose expansion.

Shortened Time



- The recommended time between a second dose of the Pfizer or Moderna vaccine and a booster shot is now **5 months** instead of the previously recommended 6.

Third Primary Dose



- A **third dose for certain immunocompromised children** aged 5-11 is now authorized for Pfizer vaccine.
- Further information from the CDC can be found [here](#).

Booster Expansion



- The use of a single **booster** dose for the Pfizer vaccine has now been expanded to include **children aged 12-15**.
- CDC recommendations can be found [here](#).

****These updates shape booster eligibility for many school-aged children and may impact quarantine guidance.****



Which COVID-19 vaccine booster should I receive, and when?

Which vaccines
did you get?

You can get your
booster if:

If eligible you can
get a booster of:

Pfizer-BioNTech

It's been 5+ months since
you received your second
shot AND you are:

Ages 12-17

Age 18+

Pfizer-BioNTech
Only

Moderna or Pfizer
Recommended,
Johnson and
Johnson

Moderna

It's been 5+ months since
you received your second
shot AND you are:

Age 18+

Moderna or Pfizer Recommended,
Johnson and Johnson

Johnson & Johnson

It's been 2+ months since
you received your vaccine
AND you are:

Age 18+

Moderna or Pfizer Recommended,
Johnson & Johnson

Visit MySpot.nc.gov to learn more and locate a provider near you.

Scenario 1

Scenario 2

Scenario 3

Scenario 4

Scenario 5

The time between a second dose of the Pfizer/Moderna vaccine and a booster shot was previously 6 months. What is it now?

- 1. 4 months**
- 2. 5 months**
- 3. It is still 6 months**
- 4. People can get their booster shot at any time after completing their primary series.**

Tasks

Correctly identify the action required in each scenario.

Key Learnings

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The time between a second dose of the Pfizer/Moderna vaccine and a booster shot was previously 6 months. What is it now?

1. 4 months
2. **5 months**
3. It is still 6 months
4. People can get their booster shot at any time after completing their primary series.

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The **CDC** has recently announced guidance impacting quarantine and isolation periods, and the state has adopted these guidelines. **This information is for your awareness and local practices will vary!**

People who have symptoms, regardless of vaccination status, but have no known exposure to COVID-19

- Get tested and isolate from others while waiting for a result.
- If testing is not possible, follow the guidance below as if they are presumed positive.

People who test positive, regardless of vaccination status*

- **Those who do not have symptoms**: Isolate from others for 5 days from the test date, then wear a mask for 5 additional days.*
- **Those who do have symptoms**: Isolate from others until fever-free and symptoms are improving. Individuals should isolate for at least 5 days since symptom onset and then wear a mask for 5 additional days.*

People who are exposed to someone with COVID-19*

- **Those who are not vaccinated or not up to date with all recommended COVID-19 vaccinations**: Quarantine from others for 5 days and get tested on day 5 after exposure, if possible. Continue wearing a mask for 5 additional days.*
- **Those who a) are up to date with all recommended COVID-19 vaccinations or b) have tested positive for COVID-19 in the last 90 days**: Do not need to stay away from others BUT should wear a mask for 10 days and test on day 5 after exposure if possible.

**In all situations, if someone is unable to wear a mask during the recommended masking period, they must continue to quarantine or isolate throughout that period as applicable.*

Scenario 1

Scenario 2

Scenario 3

Scenario 4

Scenario 5

You are an individual 23 years of age and have recently been exposed to COVID-19. You completed your primary vaccine series 7 months ago, but have not yet received a booster. What steps should you take?

- 1. You do not need to quarantine; you should just wear a mask for 10 days.**
- 2. There is no need to quarantine or wear a mask.**
- 3. You should quarantine for at least 5 days, get tested on the fifth day, and then wear a mask around people for the next 5 days.**
- 4. You should quarantine for 10 days, and wear a mask when seeing people for the next 10.**

Tasks

Correctly identify the action required in each scenario.

Key Learnings

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1. You do not need to quarantine; you should just wear a mask for 10 days.
2. There is no need to quarantine or wear a mask.
3. **You should quarantine for at least 5 days, get tested on the fifth day, and then wear a mask around people for the next 5 days.** - If symptoms develop or you test positive, you should isolate immediately.
4. You should quarantine for 10 days, and wear a mask when seeing people for the next 10.

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Notifications, digital portals, and calculations within CCTO have all been updated in accordance with these changes. **You can review all these updates in [Digital Outreach Samples](#).**

- An update to calculate quarantine/isolation end date as **5 days** post exposure or onset of illness
- Clarified **criteria to end quarantine/isolation**
- Added instruction for **strict mask use** after quarantine/isolation
- Clarified **when to get a test**
- Changed **quarantine exemption rules** to match CDC

NCDHHS Home | English - | Sign in

Help slow the spread of COVID-19!

You have received a message from the NC COVID Community Team because you were recently in contact with someone with COVID-19. The NC COVID Community Team is here to help you get the resources, information, and support you need to protect yourself and your family. You may also receive a phone call from the NC COVID Community Team at 844-628-7223. If you see us calling please answer the call!

Based on the date you were exposed, it is recommended that you quarantine (stay home and separate yourself from others) through at least the date below, based on a quarantine period of 5 days from the last date you were exposed to COVID-19. If symptoms occur, you should isolate until a negative test confirms symptoms are not attributable to COVID-19. If testing is not possible, isolate until your symptoms are resolving and 24 hours have passed since you have had a fever without the use of fever reducing medications. For information on how to properly quarantine, please refer to this CDC webpage.

You should quarantine through at least:

1/15/2022

It is also recommended that you get a COVID-19 test on the date listed above. Get tested immediately if you have symptoms. Testing information, including finding a testing place, can be found here. If you test positive, you should isolate immediately.

If you are not experiencing symptoms after the date above, you may leave home while **wearing a well-fitted mask around others for an additional 5 days**.

You may qualify for an exemption from quarantine if you meet one of the following criteria:

- You are ages 18 or older and have received all recommended vaccine doses, including boosters and additional primary shots for some immunocompromised people.
- You are ages 5-17 years and completed the primary series of the Pfizer vaccine.

**Your local leadership will provide you with information specific to your local jurisdiction if your guidance differs.*



**Updated NC K-12
Schools Guidance
as of January 2022**



What to Know About Updated NC K-12 Schools Guidance



As a CI or CT, you may get asked questions about recent changes to the state's guidance for K-12 schools. Here's what you need to know as a CI or CT:

1. Understanding the state guidance will **help support** your contact and case patient conversations.



We are providing you with this information as a point of reference so that you are **aware what has been recommended by the state!** These recommendations align to the state's recommendations for the general public, which come directly from the CDC recommendations.

2. Local application of this guidance will **vary**.



Your local leadership will provide you with specific information about policies and processes being used by schools in your jurisdiction. **Each county's application of this guidance is different,** and the processes followed by your local schools may differ from what is shown as recommended by the state.



The same changes we reviewed earlier also apply to the state's recommendations for K-12 schools.
This information is for your awareness and local practices will vary!

Staff and students who have symptoms, regardless of vaccination status, but have no known exposure to COVID-19

- Get tested and isolate from others while waiting for a result.
- If testing is not possible, follow the guidance below as if they are presumed positive.

Staff and students who test positive, regardless of vaccination status*

- **Those who do not have symptoms**: Isolate from others for 5 days from the test date, then wear a mask for 5 additional days.
- **Those who do have symptoms**: Isolate from others until fever-free and symptoms are improving. Individuals should isolate for at least 5 days since symptom onset and then wear a mask for 5 additional days.*

Staff and students who are exposed to someone with COVID-19*

The exemption from quarantine based on a positive antibody test from a previous infection has been removed.

- **Those who are not vaccinated or not up to date with all recommended COVID-19 vaccinations**: Stay away from others for 5 days and get tested on day 5 after exposure, if possible. **Return to school while wearing a mask for 5 additional days.***
- **Those who a) are up to date with all recommended COVID-19 vaccinations or b) have tested positive for COVID-19 in the last 90 days**: Do not need to stay away from others BUT should wear a mask for 10 days and test on day 5 after exposure if possible.

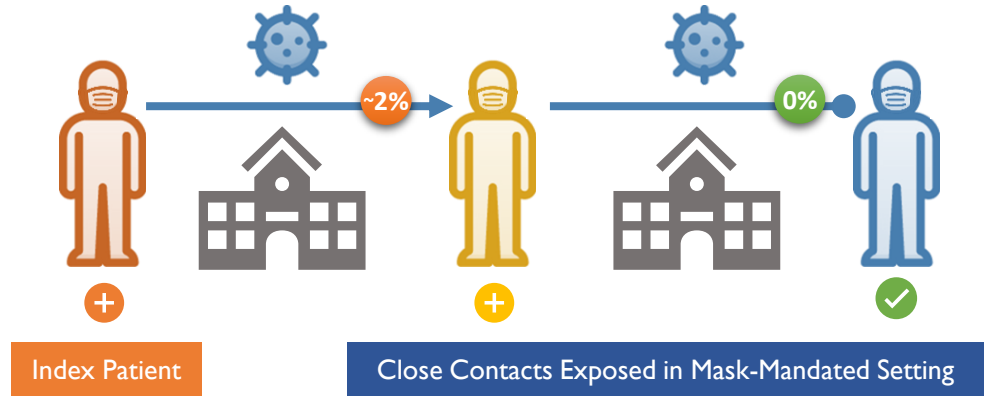
**In all situations, if someone is unable to wear a mask during the recommended masking period, they must continue to quarantine or isolate throughout that period as applicable.*



Understanding the Results of the **Test-to-Stay Pilot**

Within this study of **mask-mandated school settings** in North Carolina:

- Vast majority of exposures to index cases occurred in **unmasked environments** (e.g., lunch).
- About **2%** of index cases' close contacts tested positive.
- These contacts who became cases within a mask-mandated setting had a **0%** transmission rate to their contacts.



WHAT TO KNOW ABOUT THESE FINDINGS:



- More than **3500 school days** were saved over the course of the pilot.
- The **risk to close contacts also appears to be significantly lower in a mask-mandated school setting**, with only 2% of index cases' close contacts testing positive and a 0% rate of tertiary transmission in this study.
- This suggests that the risk of providing **an exemption to exclusion from school** for close contacts **within a mask-mandated school setting** is very low.



The NC State guidance for **mask-mandated K-12 school settings** has been updated in accordance with the findings of the ABC Test-to-Stay Pilot and other studies with similar outcomes.



UPDATED GUIDANCE FOR MASK-MANDATED SCHOOL SETTINGS ONLY:

In **mask-mandated school settings**, students and staff who are asymptomatic and not otherwise exempt from quarantine **do NOT need to be excluded from school after an exposure** to someone with COVID-19 as long as this exposure was not in the home. This includes unmasked exposures at school (e.g. during lunch).

Individuals should get tested 1) on the day of notification of exposure and 2) as close to 5 days as possible after exposure and wear a mask in school settings.



IMPORTANT NOTES ON THIS GUIDANCE:

- **Outside of school, individuals should stay home and quarantine.**
- This applies to exposures in or out of school but does **NOT** apply to in-home exposures.
- **This guidance represents the state's recommendations – but your local practice may vary!**



Scenario 1

Scenario 2

Scenario 3

Scenario 4

Scenario 5

The Test-to-Stay pilot covered baseline exposure to COVID-19 in what setting?

- 1. All school settings**
- 2. Mask optional school settings**
- 3. Mask-mandated household settings**
- 4. Mask-mandated school settings**

Tasks

Correctly identify the action required in each scenario.

Key Learnings

- ▶ Understanding the guidance updates

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The Test-to-Stay pilot covered baseline exposure to COVID-19 in what setting?

1. All school settings
2. Mask optional school settings
3. Mask-mandated household settings
4. **Mask-mandated school settings** - The findings of this pilot have influenced guidance that only impacts mask-mandated K-12 schools.

Tasks

Correctly identify the action required in each scenario.

Key Learnings

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Scenario 1

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Scenario 5

Which of the following is true regarding the K-12 schools guidance that we just reviewed?

- 1. All of this guidance represents the state's recommendations**
- 2. Your local guidance may vary**
- 3. Neither of the above are true**
- 4. Both 1 and 2**

Tasks

Correctly identify the action required in each scenario.

Key Learnings

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Scenario 1

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Which of the following is true regarding the K-12 schools guidance that we just reviewed?

1. All of this guidance represents the state's recommendations
2. Your local guidance may vary
3. Neither of the above are true
4. **Both 1 and 2 - You should always check with your local guidance for the correct steps to follow.**

Tasks

Correctly identify the action required in each scenario.

Key Learnings

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K-12 Guidance

This [website](#) lists all available COVID-19 Guidance resources, with a special dropdown section focused on K-12 Education. The website is updated regularly.

ABC Collaborative



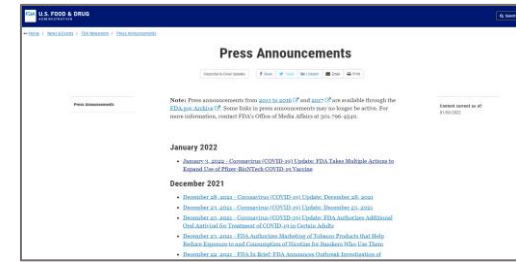
The findings for this pilot will be publicized on the [ABC Collaborative website](#), and will be available for your quick reference at any time.

CDC Guidance



The [CDC COVID-19 page](#) contains the latest changes from the CDC to COVID-19 guidance.

FDA Guidance



The [FDA Press Announcements page](#) contains the latest announcements from the FDA regarding COVID-19.



REMEMBER! This information is provided for your reference only to help you respond to questions raised by others. **Your local guidance may differ from the recommendations shown in today's training!**



Feedback



Question & Answer