Managing COVID-19 Today: Updated Guidance
Keeping People Safe During COVID-19:
Updated Guidance

Today we will review:

• Definitions
• Isolation and Quarantine
• COVID-19 Vaccines
• Monitoring, Restrictions, and Return to Work
• Masking and other PPE requirements
• Vaccinations and Testing
• September 30th Vaccine Mandate
Keeping People Safe During COVID-19: Updated Guidance

Email specifically for use by healthcare facilities:

• coronavirus.hai@dc.gov
Definitions

- Healthcare personnel (HCP)
- Isolation
- Quarantine
- Close contact
- Fully vaccinated
- Incubation period

Sources: Coronavirus (COVID-19): Guidance for Quarantine after COVID-19 Exposure (DC Health – Last Updated: September 8th, 2021);
Healthcare personnel (HCP)

• Includes all paid and unpaid persons serving in healthcare settings who have the potential for direct or indirect exposure to patients or infectious materials

Source: Coronavirus (COVID-19): Guidance for Quarantine after COVID-19 Exposure (DC Health – Last Updated: September 8th, 2021);
Definitions

Remember the important mnemonic we have been using:

**I**SOLATION = **I**nfected

**Q**UARANTINE = **Q**uestioning
Definitions

Close contact

- within six feet of an infected person for at least 15 minutes over a 24-hour period
- Any time from two days before the onset of symptoms (or if asymptomatic, two days before the positive test was collected) until the person is isolated

Definitions

Fully vaccinated

- At day 14 after completion of a COVID-19 vaccination series (after the second dose of a 2-dose series, or after one dose of a single-dose vaccine)

Definitions

Incubation period

• The time between when someone is exposed to an infectious agent and when the symptoms first appear.

• For COVID-19, as little as two days and as many as 14 days

Isolation and Quarantine

Safest and most effective strategy

- If you’re a close contact to someone confirmed to have COVID-19, quarantine for 14 days (0.1% chance of spreading it after leaving quarantine)
- The percent of spreading infection increases as the days in quarantine decreases

Isolation and Quarantine

If you are living or working in a healthcare facility or congregate setting:

• You **MUST** adhere to the 14-day quarantine requirement.

• This includes the following settings:
  • Intermediate care facilities
  • Community residential facilities
  • Supported living facilities

(DC Health - Last Updated: September 8th, 2021)
Isolation and Quarantine

You’ve been in close contact with someone with COVID-19...

You’re not required to quarantine if:

• The close contact had COVID-19 within the last 90 days and you do not have symptoms of COVID-19 infection

OR

• The close contact is fully vaccinated AND do not have any symptoms of COVID-19 infection.

Isolation and Quarantine

Please continue to review guidelines for the most current updates.

www.coronavirus.dc.gov

Be sure to ask your supervisors or nurses any questions you may have so you’ll know the most updated information.

# COVID-19 Vaccines

<table>
<thead>
<tr>
<th>Vaccine Brand Name</th>
<th>Who Can Get this Vaccine[^1]</th>
<th>How Many Shots You Will Need</th>
<th>When Are You Fully Vaccinated?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pfizer-BioNTech</td>
<td>People 12 years and older</td>
<td>2 shots Given 3 weeks (21 days) apart[^2]</td>
<td>2 weeks after your second shot</td>
</tr>
<tr>
<td>Moderna</td>
<td>People 18 years and older</td>
<td>2 shots Given 4 weeks (28 days) apart[^2]</td>
<td>2 weeks after your second shot</td>
</tr>
<tr>
<td>Johnson &amp; Johnson’s Janssen</td>
<td>People 18 years and older</td>
<td>1 shot</td>
<td>2 weeks after your shot</td>
</tr>
</tbody>
</table>

[^1]: [Source](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines.html)
COVID-19 Vaccines

Vaccines

• Widely available
• Safe, effective, and reduce your risk of serious illness
• CDC does not recommend any one vaccine over the other

COVID-19 Vaccine Efficacy

Pfizer, Moderna, and Johnson&Johnson

• Early Release September 17th, 2021
• “Among U.S. adults without immunocompromising conditions, vaccine effectiveness against COVID-19 hospitalization during March 11–August 15, 2021, was higher for the Moderna vaccine (93%) than the Pfizer-BioNTech vaccine (88%) and the Janssen vaccine (71%).”
• Implications: Although these real-world data suggest some variation in levels of protection by vaccine, all FDA-approved or authorized COVID-19 vaccines provide substantial protection against COVID-19 hospitalization.

Source: https://www.cdc.gov/mmwr/volumes/70/wr/mm7038e1.htm
Monitoring, Restrictions, and Return to Work

Please refer to the source document for complete information and refer to the website for the most up-to-date information

www.coronavirus.dc.gov

Monitoring, Restrictions, and Return to Work

Key Points

• Follow your facility’s sick employee policy
• Remain aware of developing symptoms
• Always wear a facemask when providing patient care services
• Stay home if you have symptoms; if they develop at work, ensure your mask is on, isolate, tell your supervisor, and leave
• Ensure screening is performed at the beginning of every shift

Monitoring signs and symptoms

- Screen all HCP at the beginning of the shift for fever and symptoms of COVID-19
- Facilities experiencing outbreaks should consider screening at the start, middle, and end of every shift
- Screening can be done via app or other electronic format

Source: Coronavirus 2019 COVID-19: Guidance for healthcare Personnel Monitoring, Restriction and return to Work (DC Health - Last Updated: September 2\textsuperscript{nd}, 2021)
## Monitoring, Restrictions, and Return to Work

<table>
<thead>
<tr>
<th>Exposure</th>
<th>PPE Used</th>
<th>Work restrictions</th>
</tr>
</thead>
<tbody>
<tr>
<td>HCP who had prolonged (≥15 minutes) close (within 6 feet) contact with</td>
<td>• HCP not wearing a respirator or facemask</td>
<td>• Unless fully vaccinated, exclude from work for 14 days after last exposure.</td>
</tr>
<tr>
<td>a patient, visitor, or HCP with confirmed COVID-19</td>
<td><strong>OR</strong></td>
<td><strong>AND</strong></td>
</tr>
<tr>
<td>• HCP not wearing eye protection if the person with COVID-19 was not</td>
<td>• Test as indicated in the “After Exposure”</td>
<td>• Advise HCP to monitor themselves for fever and symptoms consistent with COVID-19</td>
</tr>
<tr>
<td>wearing a cloth face covering or facemask</td>
<td>section of this guidance.</td>
<td><strong>AND</strong></td>
</tr>
<tr>
<td><strong>OR</strong></td>
<td>• Any HCP who develop fever or symptoms</td>
<td>• Any HCP who develop fever or symptoms consistent with COVID-19 should</td>
</tr>
<tr>
<td>HCP not wearing all recommended PPE while performing an aerosol-</td>
<td>consistent with COVID-19 should immediately</td>
<td>immediately contact their established point of contact (such as occupational</td>
</tr>
<tr>
<td>generating procedure**</td>
<td>contact their established point of contact</td>
<td>health) at the facility. HCP should have medical evaluation and testing</td>
</tr>
<tr>
<td></td>
<td>(such as occupational health) at the facility.</td>
<td>performed.</td>
</tr>
<tr>
<td>Community exposure</td>
<td>Not Applicable</td>
<td>• Unless fully vaccinated, exclude from work for 14 days after last exposure.</td>
</tr>
<tr>
<td></td>
<td><strong>AND</strong></td>
<td><strong>AND</strong></td>
</tr>
<tr>
<td></td>
<td>• Test as indicated in the “After Exposure”</td>
<td>• Advise HCP to monitor themselves for fever and symptoms consistent with</td>
</tr>
<tr>
<td></td>
<td>section of this guidance.</td>
<td>COVID-19</td>
</tr>
</tbody>
</table>

Definition - Aerosol-Generating Procedures (AGPs)

Examples of AGPs include, but are not limited to:

- Non-invasive ventilation (NIV)
  - BiPAP or CPAP
- Induction of sputum
- Open suctioning tracheostomy
- Open suctioning of airways
- Manual ventilation
- Cardiopulmonary resuscitation (CPR)
The Latest Information on Masking
The Latest Information on Masking

- YES
- NO
- NO
The Latest Information on Masking

- All HCP must wear a respirator or face mask while inside
  - Except when eating, drinking, or changing masks
- All HCP must wear eye protection
  - When within 6 feet
  - When interacting with someone who is
    - Suspected or confirmed to have COVID-19
    OR
    - Under quarantine following an exposure or the person is experiencing symptoms of COVID-19
AND
- Per standard precautions (anticipated splashes, sprays, or splatters)
AND
- As required by transmission-based precautions

After Exposure

If not fully vaccinated and experienced a confirmed exposure:
• Get tested immediately and 5-7 days after exposure

If fully vaccinated and exposed to a confirmed case:
• No need to restrict from work as long as the HCP
  • Remains asymptomatic
  • Is tested immediately and 5-7 days after exposure

If the HCP has recovered from a laboratory-confirmed COVID-19 infection within 90 days and is asymptomatic, they do not need to be tested.
• Staff must continue to monitor themselves for symptoms for 14 days from their exposure date

Testing and Diagnosis

If an HCP is symptomatic:
• And has a positive test result
  • Follow the criteria for clearance
• And has a negative test result
  • Follow your employer’s policy for sick employees
• And refuses testing
  • Follow the symptom-based strategy criteria to return to work
  • And received an alternative diagnosis (not COVID-19)
    • Follow your employer’s policy for sick employees

If an HCP is asymptomatic and has laboratory-confirmed COVID-19
• Follow the return to work policy in this document

Testing and Diagnosis

If an HCP has had COVID-19 ruled out and there is another diagnosis
• Criteria to return to work should be based upon that diagnosis

If an HCP is symptomatic and undergoing testing
• The employee **MAY NOT** return to work while test is pending

If an HCP is in quarantine and received a negative COVID-19 test
• The employee must complete the 14-day quarantine

If an HCP is undergoing routine surveillance testing
• The person can report to work

Returning to Work

Strategies

- Symptom-based
- Test-Based
- Time-based

Returning to Work

Strategies

• Symptom-based
  • Dependent upon severity of illness
  • Whether or not you are immunocompromised
  • How long since your symptoms first appeared AND
  • How long since your fever passed without the use of fever-reducing medications AND
  • Symptoms have improved

Returning to Work

Strategies

• Test-based (differs between symptomatic or asymptomatic)
  • Resolution of fever (S)
  • Symptoms have improved (S)
  • Negative results from at least two consecutive respiratory specimens collected greater than or equal to 24 hours apart (S and A)
    • FDA-authorized SARS-CoV-2 molecular viral assay test (S)
    • FDA-authorized molecular viral assay to detect SARS-CoV-2 RNA

Strategies

• Time-based
  • If not severely immunocompromised and were asymptomatic throughout the infection
    • At least ten days since their first positive SARS-CoV-2 viral test
  • For severely immunocompromised and asymptomatic throughout the infection
    • At least 10 days and up to 20 days since the date of their first positive SARS-CoV-2 Viral test

September 30th Vaccine Mandate

Monday, August 16, 2021 –

“Mayor Muriel Bowser and DC Health announced that by September 30, 2021 all health care workers in the District of Columbia must receive at least the first dose of Pfizer or Moderna or one dose of Johnson & Johnson COVID-19 vaccine.”

September 30th Vaccine Mandate

Who does this apply to:
- All licensed, certified and registered health professionals;
- All EMS providers such as paramedics and emergency medical technicians (EMTs); and
- All unlicensed healthcare workers (i.e. patient care technicians, personal care aides, environmental services staff).

September 30th Vaccine Mandate

Two doses of the Pfizer vaccine or the Moderna vaccine, or one dose of the Johnson & Johnson vaccine, are required:

• Before an application is submitted for licensing, certification, or renewal
• Upon submission for renewal of license, registration, or certification
• Before employment or contractual relationship
• On or before the date specified by DC Health/Department of Health

September 30th Vaccine Mandate

If you have a religious belief or medical concern, please speak with your supervisor.

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Email specifically for use by healthcare facilities:

• coronavirus.hai@dc.gov
DO NOT TOUCH YOUR FACE
Resources
www.cdc.gov/coronavirus
www.coronavirus.dc.gov