

FAX

TO:	Dare County Healthcare Providers	FROM:	Department of Health & Human Services
PAGES: INCLUDES COVER	3	PHONE:	252.475.5003
SUBJECT:	Coronavirus Quarantine and Isolation & Vaccine Info	DATE:	August 17, 2021

Dear Colleagues,

Attached is a handout that you can provide patients which includes current Quarantine and Isolation protocol that aligns with NCDHHS and CDC guidelines.

Also, we are now accepting registrations for an additional COVID-19 Vaccine dose for individuals with moderate and severe immune compromise. Register online at www.darenc.com/Register4Vaccine. Registered individuals will receive a call between 8/17 and 8/19 for an appointment the week of 8/23.

If you have any questions or concerns, feel free to email or call the COVID-19 call center at 252.475.5008 or covid19@darenc.com

Thanks

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County of Dare

Department of Health & Human Services

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COVID-19 Information Quarantine & Isolation

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Individuals who test positive for COVID-19

You must stay home and self-isolate, if you are not doing so already. Self-isolation means staying at home in a specific room away from other people and pets, and using a separate bathroom, if possible. Self-isolation helps slow the spread of COVID-19 and can keep your family, friends, and community safe.

An individual who tests positive for COVID, regardless of immunization status, is required to isolate for a minimum of 10 days from onset of symptoms or from positive test date if asymptomatic. If symptomatic, isolation can be discontinued after the 10th day from symptom onset as long as the individual is fever free for at least 24 hours without the use of fever reducing medications.

If you are symptomatic, continue to monitor your health. If your symptoms worsen or become severe, you should seek medical care. Severe symptoms include trouble breathing, persistent pain or pressure in the chest, confusion, inability to wake or stay awake, or pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone.

Close Contact/Direct Contacts to a Positive Case

A close contact is someone who was within 6 feet of an infected person (laboratory-confirmed or a clinically compatible illness) for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes).

For more information:

252.475.5008

COVID19@darenc.com

DareNC.com/CovidQI

Fully Vaccinated Close Contact/Direct Contact or Individuals who have been diagnosed with COVID-19 through a laboratory confirmed test in the last three months

People who have been fully vaccinated are not required to quarantine. People are considered fully vaccinated:

- 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine

If you are fully vaccinated and have close contact with someone who has COVID-19, you should get tested 3-5 days after your exposure, even if you don't have symptoms. You should also wear a mask indoors in public for 14 days following exposure or until your test result is negative.

Unvaccinated Close Contact/Direct Contact

If you are identified as a close/direct contact, you are required to stay home and self-quarantine for 14 days, starting from the last day you were exposed to COVID-19. Self-quarantine means staying home, monitoring your health, and maintaining social distancing (at least 6 feet) from others at all times

You may be released from quarantine prior to 14 days if you remain symptom free, according to the the two options below:

- You may discontinue quarantine after 10 days of quarantine, though you must continue monitoring for symptoms and wear a mask and practice physical distancing through day 14
- OR you discontinue quarantine after 7 days of quarantine, if you have a negative test result performed no sooner than 5 days from the last date of exposure and continue monitoring for symptoms and wear a mask and practice physical distancing through day 14.

At the time of publication, this document aligns with all North Carolina Department of Health & Human Services and Centers for Disease Control and Prevention guidance.

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