MISSISSIPPI STATE DEPARTMENT OF HEALTH

<p style="color:red; text-align:center">This is an official
MS Health Alert Network (HAN) Alert</p>

MESSAGE ID: **MSHAN-20200720-00459-ALT (Health Alert)**

RECIPIENTS: **All Physicians, Hospitals, ERs, ICPs, NPs, and Healthcare Providers – Statewide**

Monday, July 20, 2020

SUBJECT: **MSDH COVID-19 Updated--Quarantine and Isolation Instructions**

Dear Colleagues,

The numbers of COVID-19 cases are now increasing at an alarming rate, with ongoing community transmission in several areas. One of the keys to limit transmission is early isolation of symptomatic individuals at testing, early and immediate isolation of positive persons, and testing and quarantine of contacts. To close the time gap between onset of illness, positive test and the initiation of isolation, we are once again asking for your assistance.
MSDH is asking for assistance with isolation and quarantine of cases and contacts:

- Recommend immediate isolation for all symptomatic individuals waiting for COVID-19 test results.

- Recommend immediate isolation (if not already isolated) for all COVID-19 positive cases until 14 days from date of onset if symptomatic, or 14 days from date of collection if asymptomatic, and fever free for at least 24* hours. MSDH recommends a time and symptom-based strategy for the discontinuation of isolation. A negative test is not required or recommended by MSDH for the discontinuation of isolation. See https://msdh.ms.gov/msdhsite/_static/resources/8632.pdf

- Recommend testing and 14-day quarantine for all close contacts to the case (should remain in quarantine for full 14 days even if initial test is negative).

*see updated CDC guidance https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html

To facilitate the above recommendations, we have developed MSDH instructions that you can provide directly to your patients. The attached instructions include (the instructions will also be available on the MSDH website under Guidance for Healthcare Professionals at https://msdh.ms.gov/msdhsite/_static/14,0,420,694.html)

- "After You Test" instructions to provide the symptomatic patients to isolate after they are tested and waiting for test results.

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- "Instructions to Self-Isolate with Positive COVID-19" to provide when informing an individual when their test is positive to reinforce 14 days of isolation.

- "Quarantine Instructions" to provide to the positive patient to provide to their contacts; most importantly household contacts.

Please use these in your healthcare and clinic settings!

We appreciate your continued assistance as we move forward together to limit COVID-19 infections and transmission in Mississippi.

Regards,
Paul Byers, MD
State Epidemiologist

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If you have been tested for COVID-19 because you have symptoms:

AFTER YOU'VE BEEN TESTED, GO HOME AND STAY HOME

While you are waiting for test results:

1. While waiting for the results of your test, your household contacts should stay at home. (If household contacts work outside of the home, they are encouraged to contact their employer. They may still be allowed to work while wearing a mask).

2. Stay in a specific room and away from other people in your home to the extent possible. Use a separate bathroom, if available. Household members can consider staying in a separate location, if available, to decrease their risk of exposure.

3. For more information, see the CDC's guidance "What to Do if You Are Sick" at https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html to prevent the spread of COVID-19 at home.

4. If you must leave home, such as to seek medical care, wear a mask.

5. If your results are positive, you will need to isolate for 14 days from the time your symptoms started.

If your test results are POSITIVE for the COVID-19 virus:
You will receive additional instructions for isolation for 14 days.

If your test results are NEGATIVE (or not detected) for the COVID-19 virus, continue to reduce your risk of illness:

1. Isolate yourself until fever-free for at least 24 hours (if fever was present) and improvement of your symptoms
2. Practice social distancing
3. Wash your hands
4. Avoid non-essential outings

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Home Isolation for
Individuals with Coronavirus Disease 2019 (COVID-19)

You have been diagnosed as having COVID-19. Please discuss with your physician or provider what steps must be taken next to support your health and wellbeing.

It is important that you protect yourself and others from infection, especially those persons at high risk. Based upon the risk to others the Mississippi State Department of Health recommends the following:

- ❖ **Immediately self-isolate** at home until it has been 14 days from the day your symptoms started, and you are fever free for at least 24 hours. If you had no symptoms you should isolate for 14 days from the date you were tested.
- ❖ **Do not go to work or leave your home until your isolation period ends.**
- ❖ Please let your employer know you have tested positive for COVID-19 and will not be able to return to work until your isolation period ends.
- ❖ If your employer approves and says you are critical, you may return to work **ONLY** if it has been 10 days from the day your symptoms started (or from the day you were tested if you had no symptoms) and you have been fever free for at least 24 hours, and you have no other symptoms.
- ❖ Stay away from all persons at your home. Do not leave your house, or come in contact with anyone, including the people you live with**.**
- ❖ If you do have household contacts, you must limit exposure to them. Stay in a specific room away from others in your home. You should use a separate bathroom if available. If you need to be around others in your home, you should wear a facemask. This is very important to minimize the risk of spreading the disease and to your family and friends. Instructions for limiting exposure to your household contacts can be found on the CDC website at https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html.
- ❖ Please provide the people in your house with the instruction letter for contacts to a case of COVID-19.
- ❖ Please expect a call from public health professionals who will provide additional guidance and collect critical information for fighting this pandemic.

Thank you for your cooperation

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Instructions for Individuals with Coronavirus Disease 2019 (COVID-19) Exposure

You are receiving these instructions because you have been in close contact with someone with a COVID-19 infection. If you are in contact with someone who has COVID-19 you may be at risk for developing infection and transmitting it to others. It is important that you protect yourself and others from infection, especially those persons at high risk. The Mississippi State Department of Health recommends the following:

- ❖ **You need to self-quarantine at home (or an appropriate alternative location) and self-monitor for symptoms for a minimum of 14 days from your last exposure.**
- ❖ Consider getting testing for COVID-19 following your exposure even if you do not have symptoms. MSDH maintains a list of testing sites on the website at https://msdh.ms.gov/msdhsite/_static/14,21912,420,874.html. (Please let your provider know you have been exposed if you do go in for testing.)
- ❖ If you live in a household with a person who is a confirmed case of COVID-19, your last exposure is when is when you last had contact less than 6 feet for 15 minutes or more. Please review the CDC recommendations to limit exposure to a household contact with COVID-19 at https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html#precautions
- ❖ Check your temperature and self-assess for symptoms twice a day.
- ❖ If at any point you find that your temperature is 100.4°F, or more, feel like you are developing fever, or that you have started having any of the symptoms (e.g. fever, cough, shortness of breath), contact your healthcare provider for evaluation and testing if indicated. Please make sure you contact your healthcare provider prior to being seen and let them know of your exposure to COVID-19.
- ❖ During the 14 day quarantine period you may be allowed to continue to work if your employer says you are essential, and you continue to have no symptoms you have no symptoms, undergo symptom and temperature monitoring by your facility and wear a mask while you are at work. Contact your employer for approval.
  - o If you do return to work, you should continue to self-quarantine at home at all other times.

Thank you for your consideration

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Alerting Message Specification Settings

Originating Agency:	Mississippi State Department of Health
Alerting Program:	MS Health Alert Network (MS HAN)
Message Identifier:	MSHAN-20200720-00459-ALT
Program (HAN) Type:	Health Alert
Status (Type):	Actual ()
Message Type:	Alert
Reference:	MSHAN-00459
Severity:	Unknown
Acknowledgement:	No
Sensitive:	Not Sensitive
Message Expiration:	Undetermined
Urgency:	Undetermined
Delivery Time:	600 minutes

Definition of Alerting Vocabulary and Message Specification Settings

Originating Agency: A unique identifier for the agency originating the alert.

Alerting Program: The program sending the alert or engaging in alerts and communications using PHIN Communication and Alerting (PCA) as a vehicle for their delivery.

Message Identifier: A unique alert identifier that is generated upon alert activation (MSHAN-yyymmdd-hhmm-TTT (**ALT=Health Alert**, **ADV=Health Advisory**, **UPD=Health Update**, **MSG/INFO=Message/Info Service**).

Program (HAN) Type: Categories of Health Alert Messages.

Health Alert: Conveys the highest level of importance; warrants immediate action or attention.

Health Advisory: Provides important information for a specific incident or situation; may not require immediate action.

Health Update: Provides updated information regarding an incident or situation; unlikely to require immediate action.

Health Info Service: Provides Message / Notification of general public health information; unlikely to require immediate action.

Status (Type):

Actual:	Communication or alert refers to a live event
Exercise:	Designated recipients must respond to the communication or alert
Test:	Communication or alert is related to a technical, system test and should be disregarded

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Message Type:

Alert:	Indicates an original Alert
Update:	Indicates prior alert has been Updated and/or superseded
Cancel:	Indicates prior alert has been cancelled
Error:	Indicates prior alert has been retracted

Reference: For a communication or alert with a Message Type of "Update" or "Cancel", this attribute contains the unique Message Identifier of the original communication or alert being updated or cancelled. "n/a" = Not Applicable.

Severity:

Extreme:	Extraordinary threat to life or property
Severe:	Significant threat to life or property
Moderate:	Possible threat to life or property
Minor:	Minimal threat to life or property
Unknown:	Unknown threat to life or property

Acknowledgement: Indicates whether an acknowledgement on the part of the recipient is required to confirm that the alert was received, and the timeframe in which a response is required (Yes or No).

Sensitive:

Sensitive:	Indicates the alert contains sensitive content
Not Sensitive:	Indicates non-sensitive content

Message Expiration: Undetermined.

Urgency: Undetermined. Responsive action should be taken immediately.

Delivery Time: Indicates the timeframe for delivery of the alert (15, 60, 1440, 4320 minutes (.25, 1, 24, 72 hours)).

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