



Date: May 27, 2020

To: San Joaquin County Medical Community

From: Maggie Park, MD, Health Officer

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IMPORTANT - COVID-19 Health Update

Changes to Discontinuation of Home Isolation

On May 3 the CDC changed the guidelines on their website for *Symptom* based criteria to release persons from isolation for COVID-19 infection. The symptom-based strategy is preferred over the test-based strategy. The major change is the increase to 10 days from symptom onset rather than 7 days. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>

The new criteria are the following:

- All patients who test positive for COVID-19 **or** who are symptomatic and suspected of having COVID-19 may discontinue isolation under the following conditions:
 - At least 10 days have passed since symptoms first appeared, **and**
 - At least 3 days (72 hours) have passed since recovery, defined as resolution of fever without the use of fever-reducing medications, **and** improvement in other symptoms (eg: cough, sore throat, shortness of breath, etc.)
- **Asymptomatic Persons with laboratory-confirmed COVID-19** may discontinue isolation under the following *Time* based criteria:
 - At least 10 days have passed since the date of their first positive COVID-19 diagnostic test assuming they have not subsequently developed symptoms since their positive test. If they develop symptoms, then the symptom-based should be used, with the start date being the first day of symptoms rather than the test date.
 - Note, because symptoms cannot be used to gauge where these individuals are in the course of their illness, it is possible that the duration of viral shedding could be longer or shorter than 10 days after their first positive test.

Managing Contacts of COVID-19 Positive Cases:

It is now clear that asymptomatic people can transmit COVID-19 to others. This includes people who have been exposed and are infectious for 48 hours before developing symptoms, and those who are infected but remain asymptomatic. Therefore we are now recommending that close contacts of people who test positive for COVID-19 should be told to:

- remain in quarantine in their homes for 14 days after their last exposure;
- monitor themselves for symptoms and get tested for COVID-19 if any symptoms occur;
- If they remain asymptomatic, to get tested near the end of their quarantine period, around day 12-14 after their last date of exposure.

Definition of Close Contact

A household member or any individual who has had close exposure (within 6 feet) to a person with COVID-19 for a period of 15 minutes or more.

New CDC Testing Guidelines

Updated Interim Guidance on Prioritization for Testing is available here:
<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Expanding-Access-to-Testing-Updated-Interim-Guidance-on-Prioritization-for-COVID-19-Laboratory-Testing-0501.aspx>

Testing Sites in San Joaquin County

For an updated list of COVID-19 testing sites in San Joaquin County go to www.sjcphs.org. More widespread testing is needed in our county, and the public is strongly encouraged to get tested. Please test patients if you have the capacity, or refer them to one of our free test sites.

There are several testing sites that are now testing asymptomatic patients:

Project Baseline (Verily) in Stockton (will accept uninsured)
OptumServe in Lodi (will accept uninsured)
Planned Parenthood in Tracy