

Considerations to Determine Contacts

The Health District manages COVID-19 cases according to current research; CDC, ODH, and local protocols, and prioritization of those at highest risk. An internally adopted surge guideline for handling cases and contacts is utilized to determine the extent of contact tracing based on current capacity.

Contacts are anyone who meet the criteria below 48 hours prior to case symptom onset (or test date if the case has no symptoms) through the infectious period of the case (typically 10 days after symptom onset for cases). Contacts will be placed on public health restrictions for 10 days.

Contact Public Health Restriction Options – The following options may be used if a person is deemed a contact of a case of COVID-19. Regardless of public health restriction option, if symptoms develop or the contact tests positive the contact will be considered a case of COVID-19 and must follow case public health restrictions.

1. Quarantine at home for 10 days, or
2. Quarantine for 5 days and wear a mask for an additional 5 days, or
3. Wear a mask for 10 days.

Contact Public Health Restriction Reduction Note: Contacts may test at least 5 days after exposure with a viral test. Testing must be by a healthcare provider or proctored by a healthcare provider. If the test is negative, public health restriction options 1-3 are shortened to 7 days, contacts are asked to actively monitor symptoms until day 10.

Not a Contact – If a person was exposed, but meets one of the following criteria, they will be deemed not a contact.

1. Vaccinated and Boosted – *Receiving vaccination and booster is thought to provide robust protection from COVID-19. This applies to all those eligible for a booster who CDC states a booster is indicated. If a booster is indicated for a population, this implies immunity may wane and a booster will help provide the protection needed from COVID-19.*
2. Vaccinated with primary series without booster if under age 12 – *A booster is not indicated for this age group. Vaccination is thought to provide a robust protection from COVID-19.*
3. Recently Fully Vaccinated Individual (2 doses of Pfizer or Moderna in the last 5 months or 1 dose of J&J in the last 2 months). *Recent vaccination is thought to provide a robust protection from COVID-19; however, that protection wanes with time requiring a booster.*

4. Clinically Recovered Individual (3 months). *A person who has clinically recovered from a viral diagnostic test which verified COVID-19 is thought to have protection for 3 months after symptom onset.*
5. More than 6 feet apart. *This distance is thought to provide protection based on the range of potential airborne droplets.*
6. Less than 15 minutes together in a 24 hour period. *This time is thought to provide protection based on the limited potential for airborne droplet buildup.*
7. Both parties wearing a mask. *This is thought to provide protection based on limiting sender airborne droplets and limiting receiver airborne droplet intake.*
8. Case wearing a mask even in absence of contact wearing a mask (days 6-10 of case public health restrictions). *Even though the case is still contagious days 6-10 of case public health restrictions, the likelihood of spread if a mask is worn by the case is thought to be low due to the time from onset and the mask limiting sender airborne droplets.*
9. Sharing areas (e.g. staplers, printers), but wearing a mask or 6 feet apart. *Fomite transmission is thought to be low likelihood of potential spread.*
10. Strenuous activity while both parties are wearing masks. *This is thought to provide protection based on limiting sender airborne droplets and limiting receiver airborne droplet intake.*
11. Strenuous activity, more than 6 feet apart. *This distance is thought to provide protection based on the range of potential airborne droplets.*
12. In a school setting, if at least 3 feet of distance is maintained and the exposed person is wearing a mask they will not be counted as a contact. *School settings are controlled environments where layered public health strategies have been shown to be effective at reducing the spread of COVID-19.*

Contact

1. Less than 6 feet apart for greater than 15 minutes in a 24 hour period.
2. Sharing food, drinks, or eating utensils.
3. Strenuous activity (i.e. increased breathing/heart rate not exempted in 6 and 7 above) regardless of time together – contact

Dependent upon more details

1. Living with a case – DPHD uses an internal algorithm to determine whether a household member is a contact. Factors that are considered include shared spaces, age of household members, ventilation, mask usage, and meals. Contacts living with a case may have extended public health restrictions based on the isolation status of the case. If a contact is exposed at home, public health restrictions for the contact would start on the first exposure date and extend until 10 days after the last exposure to the household case while the case is still infectious (generally 10 days). This could result in public health restrictions for the contact for 20 days.
2. Prolonged period in an enclosed environment (e.g. car, small office), regardless of mask use and/or distance apart. Factors considered include mask usage, number of cases in the room, square footage of the room, and ventilation.