



STATE OF HAWAII
DEPARTMENT OF HEALTH
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In reply, please refer to:
File:

December 4, 2020

**MEDICAL ADVISORY: UPDATE #18 – CORONAVIRUS DISEASE 2019 (COVID-19)
REVISED QUARANTINE PERIOD FOR CLOSE CONTACTS OF A COVID-19 CASE**

- **DECREASE QUARANTINE FOR ASYMPTOMATIC CLOSE CONTACTS FROM 14 TO 10 DAYS BASED ON LATEST CDC GUIDANCE**
- **CLOSE CONTACTS SHOULD CONTINUE SELF-MONITORING FOR SYMPTOMS AND ADHERE TO ALL RECOMMENDED MITIGATION STRATEGIES FOR THE FULL 14 DAYS**
- **14 DAY QUARANTINE REMAINS IN PLACE FOR RESIDENTIAL CONGREGATE SETTINGS***

Dear Healthcare Provider:

On December 2, 2020, Centers for Disease Control and Prevention (CDC) published several shorter alternatives to the present 14 day quarantine period for close contacts of persons with COVID-19 infection. The establishment of quarantine periods for jurisdictions is made by each state's public health authority.

- The previous recommendation for a 14-day quarantine was based on estimates of the upper bounds of the COVID-19 incubation period and maximally reduces risk of transmission.
- Evidence that persons can transmit SARS-CoV-2 (the virus that causes COVID-19) before symptoms develop established quarantine as a critical measure to control transmission.
- However, a 14-day quarantine may affect physical and mental health, as well as cause economic hardship that may reduce compliance.
- Reducing the length of quarantine may increase community compliance.
- CDC recognizes that any quarantine shorter than 14 days balances reducing personal burden against a small possibility of increasing the spread of virus.

Based on a review of CDC's publication of a shortened quarantine period, the Hawaii Department of Health (HDOH) has revised the quarantine period for close contacts of a COVID-19 case, *when those contacts do not reside in a congregate setting*,* from 14 days to **10 days, ONLY if the following criteria are met:**

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- No clinical evidence of COVID-19 has been elicited by daily symptom monitoring during the quarantine period, up to the time quarantine is discontinued;
- Self-monitoring for symptoms of COVID-19 illness for a full 14 days after their last date of exposure;
- Close contacts who develop symptoms within 14 days of their last exposure should be tested for COVID-19 and self-isolate while awaiting results; **AND**
- Close contacts are informed to strictly adhere to all recommended mitigation strategies, including:
 - Correct and consistent mask use
 - Physical distancing
 - Hand and cough hygiene
 - Avoiding crowds
 - Environmental cleaning and disinfection
 - Ensuring adequate indoor ventilation

*Congregate settings include: Long-term care facilities, group care homes, assisted living facilities, correctional facilities, shelters, residential rehabilitation and treatment settings, military recruit housing, etc.

With this strategy, residual post-quarantine transmission risk is estimated to be about 1% with an upper limit of about 10%. CDC and HDOH will continue to closely monitor the evolving science for information that would warrant a reconsideration of recommended options.

Note: This advisory does not modify any travel quarantine proclamations related to the COVID-19 Emergency.

Note: HDOH is **not** adopting the 7-day test-out alternative at this time.

We appreciate your continued support in identifying cases of COVID-19 and preventing the further spread of disease in our communities.

Sincerely,



Sarah Kemble, MD
Acting State Epidemiologist

COVID-19 is considered an URGENT CATEGORY NOTIFIABLE CONDITION; providers are required to report any persons with COVID-19 positive test results and those strongly suspected to have COVID-19, to prevent the further spread of disease in our communities. If you have any questions or need to report a patient with confirmed/suspected COVID-19 or suspected MIS-C, please contact us at one of the numbers below.

- Oahu (Disease Reporting Line) (808) 586-4586
- Maui District Health Office (808) 984-8213
- Kauai District Health Office (808) 241-3563
- Big Island District Health Office (Hilo) (808) 933-0912
- Big Island District Health Office (Kona)..... (808) 322-4877
- After hours on Oahu..... (808) 600-3625
- After hours on neighbor islands (800) 360-2575 (toll free)