



COVID-19 Update with LHDs
Wednesday, January 5, 2022



Sheri Tubach, MPH, MS
Deputy State Epidemiologist

COVID-19 Update with LHDs

Change in Isolation - General Population and K-12 Schools

For persons with
COVID-19

- Isolate for at least 5 days
- Isolation can end after 5 full days
 - Fever-free for 24 hours without the use of fever reducing medication
 - Symptoms have improved
- Wear a mask around others at home and in public for an additional 5 days (day 6 – day 10)
- If fever is still present or symptoms have not improved isolation should continue
- If a person cannot mask, they should stay in isolation for the 10 days
- The person should not go to places where they are unable to wear a mask (restaurants, gyms)
- Persons that are severely ill or have weakened immune systems should still isolate for up to 20 days

COVID-19 Update with LHDs

Change in Quarantine - General Population and K-12 Schools

- For persons 18 years or older that have received all recommend vaccine doses including boosters and additional primary doses for some immunocompromised persons
 - For persons 5-17 years that have completed the primary series
 - For persons that have had laboratory confirmed COVID-19 in the last 90 days
- Wear a mask around others for 10 days from the date of you last close contact with someone with COVID-19
 - Test at least 5 days after your last close contact

Change in Quarantine - General Population and K-12 Schools

- For persons that have completed the primary series but have not received the booster dose when eligible
 - For persons that received the single dose of J&J vaccine over 2 months ago and have not received a booster dose
 - For persons that are not vaccinated or have not completed the primary vaccine series
- Quarantine at home for 5 days after your last contact
 - Quarantine can end on day 6, but continue to wear a mask around others through day 10
 - Test, if possible, at least five days after exposure
 - If person is unable to quarantine, they should wear a well-fitting mask for 10 days at home and in public
 - If person is unable to mask, they should quarantine for 10 days

Quarantine for Household Contacts

- If persons with COVID-19 can separate from others in the household and wear a well-fitting mask around their household members after their isolation ends
- Susceptible household contacts will only need to quarantine five additional days
- Day 5 of the case's isolation period would start the clock on the 5-day quarantine period for the susceptible household contact

COVID-19 Update with LHDs

- **Link to the new CDC isolation and quarantine guidance <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>**
- **Isolation and Quarantine FAQ document is being reviewed and will be on the KDHE website soon**
- **Working on changes to the Isolation and Quarantine Graphic**
- **There are some outdated guidance documents on the website that we are working on either changing or taking down**
- **Specific school guidance will be released by CDC soon, so our K-12 guidance will be updated to reflect those changes**