Case Investigation and Contact Tracing for COVID-19

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Case Notification

- Reportable to the local health department:
  - **902 KAR 2:020** - Disease Surveillance
  - **KRS 211.180** - Functions of Cabinet in Regulation of Certain Health Matters – Inspection Fees - Hearing
  - **KRS 214.010** - Physicians and Heads of Families to Report Diseases to Local Board of Health
  - **KRS 214.020** - Cabinet to Adopt Regulations and Take Other Action to Prevent Spread of Disease
  - **HIPAA** – Disclosures for Public Health Activities

- Employers should not disclose health status or conditions to any employees who do not need to know
Case Notification

• NKY Health notified through health care provider and/or lab
  • Investigation identifies locations where they have been/visited including work and school
  • Contact with the location if individual was present during infectious period and close contact with others is of concern
• Facility notified by student, staff person or family member of individual
  • Notifies NKY Health
    • Fax - 859.363.2057 or https://nkyhealth.org/individual-or-family/health-alerts/coronavirus/what-to-do/
    • Name, DOB, onset date, last day in facility or at facility sponsored event and name & phone # of close contacts
Step 1 - Case Identification

Individual identified as case

- Individual has been at worksite, college or school within 48 hours prior to test OR within 48 hours of symptom onset
  - Initiate contact tracing & public health notification process

- Individual has NOT been in worksite, college or school/activities within 48 hours of testing or symptom onset
  - No further investigation required & notify health department
Symptomatic Individuals

Individual with symptom(s) consistent with COVID-19

Positive PCR test for COVID-19
Follow non-test based strategy for ending isolation for COVID-19
(Call or inform local health department and begin contact tracing (see next flow chart))
Return to work/school

Negative COVID-19 test
Alternative diagnosis obtained from a health care provider (e.g., ear infection, strep throat, etc.)
Follow the return to work or school guidance for that illness
Return to work/school

No alternative diagnosis from health care provider
Follow non-test based strategy for ending isolation for COVID-19
Return to work/school

Individual not tested for COVID-19
Follow non-test based strategy for ending isolation for COVID-19
Return to work/school

Non-test based strategy for ending isolation for COVID-19:
Individual should remain isolated until:
1. Case is fever-free for 24 hours without fever-reducing medication AND
2. At least 10 days since the onset of any symptoms (Test date if asymptomatic & remains asymptomatic), (20 days if severely ill (i.e., hospitalized for COVID-19) or are immunocompromised) AND
3. Symptoms experienced are improving
Release from Isolation for COVID-19 Positive Individual

• Symptomatic individuals - Follow the KDPH non-test based criteria for release from isolation:
  • 10 days since the onset of symptoms (20 days if immunocompromised or hospitalized for COVID-19)
  • 24 hours fever-free without fever reducing medications
  • Symptoms are improving
• Retesting is not necessary
• Asymptomatic - 10 days since the test date.
  • If at any time during that 10 day period the individual becomes symptomatic with one or more symptoms, switch to non-test based criteria for release from isolation
Step 2: Contact Tracing and Public Health Notification

Contact Tracing Process

- **Individual identified as case**
  - Individual has been in facility 48 hours of symptom onset or 48 hours of test date if asymptomatic
  - Individual has NOT been in facility 48 hours prior to symptom onset or test date if asymptomatic

- **Initiate contact tracing**
  - Determine facility, classroom, school, bus, extra-curricular activities and event close contacts. NKY Health will investigate & communicate with close contacts. Identified due to contact outside your facility

- **Notify public health to discuss scenario and review actions**
  - Send General Advisory to facility or a classroom as determined necessary
  - Complete reporting form available at www.nkyhealth.org

- **Ensure facility cleaning**
  - If daily cleaning occurs, ensure this continues; if not, then urgent overnight cleaning required

- **Ensure Guidelines for Healthy at Work or appropriate sector guidance is implemented**
  - No further investigation required & notify health department

- **Send close contact letter to the identified close contacts of case (NKY Health will provide). QUARANTINE FOR 14 DAYS from last exposure.**

- **NKY Health**
  - Northern Kentucky Health Department
Quarantine Period for Close Contacts

• 14 days from the last exposure to the case
• Having a negative test during the time period does not change the length of quarantine
• Encourage testing if individual becomes symptomatic
• Household contacts - quarantine while individual is recovering and 14 days from the day the person is recovered
Decision Tree for COVID-19

*Updated 10.8.2020

Individual with symptom(s) consistent with COVID-19

Positive PCR test for COVID-19

Follow non-test based strategy for ending isolation for COVID-19
(Call or inform local health department and begin contact tracing (see next flow chart))

Return to work/school

Negative COVID-19 test

Alternative diagnosis obtained from a health care provider (e.g., ear infection, strep throat, etc.)

Follow the return to work or school guidance for that illness

Return to work/school

Individual not tested for COVID-19

Follow non-test based strategy for ending isolation for COVID-19

Return to work/school

Non-test based strategy for ending isolation for COVID-19:
Individual should remain isolated until: 1. Case is fever-free for 24 hours without fever-reducing medication AND 2. At least 10 days since the onset of any symptoms (Test date if asymptomatic & remains asymptomatic, 20 days if severely ill [i.e., hospitalized for COVID-19] or are immunocompromised) AND 3. Symptoms experienced are improving

Contact Tracing Process

*Close contact is defined as someone who has been within 6 feet of the individual for 15 minutes or more
**Household contacts to a positive case – Quarantine period of 14 days begins after the individual who is positive has met non-test based method of recovery

Individual identified as case

Individual has been in facility 48 hours of symptom onset or 48 hours of test date if asymptomatic

Ensure facility cleaning

Ensure Guidelines for Healthy at Work or appropriate sector guidance is implemented

Individual has NOT been in facility 48 hours prior to symptom onset or test date if asymptomatic

Send close contact letter to the Identified close contacts of case (NKY Health will provide), QUARANTINE FOR 14 DAYS FROM LAST EXPOSURE.

Institute contact tracing

Notify public health to discuss scenario and review actions

Complete reporting form available at www.nkyhealth.org

If daily cleaning occurs, ensure this continues; if not, then urgent overnight cleaning required

NKYHEALTH
NORTHERN KENTUCKY HEALTH DEPARTMENT
What to Do When You have a COVID-19 Case

General expectations if a student or employee in laboratory-confirmed with COVID-19

For all laboratory-confirmed cases of COVID-19, the Northern Kentucky Health Department will contact the student and employee to interview them about symptoms and personal and professional contacts.

- Report positive COVID-19 employee cases to the Northern Kentucky Health Department so that control measures can be reviewed and implemented. Call 859-381-2070 to report a case. In many cases, the school hears about the case first, because the individual who is positive is notified before the local health department receives the lab report. There can be a several day lag.
- Employees must be prepared to assist public health officials if a student or employee tests positive or become exposed to COVID-19. Public health officials may make recommendations for contact of the infected person to stay at home (self-quarantine) for 14 days.
- Please be prepared to answer the following questions about a student or employee who tested positive:
  o What were the individual's symptoms and when did the symptoms first appear?
  o What was the last day that the student came to school or the employee came into work?
  o What was the student or employee's schedule two days prior to the date the employee first had a positive test result for COVID-19? Where did the student or employee work and what were the employee's specific job responsibilities in the days prior to the last day at work before the employee tested positive?
  o Who would have come in close contact with the student or employee in the two days prior to the date the employee first had a positive test result for COVID-19?
  o Consider students and employees who were within six feet of the individual for more than fifteen minutes working, sitting in the same room or meetings, interacting during breaks, etc.
  o Consider customers, clients, vendors or visitors who may have interacted with the employee within six feet of the individual for more than 15 minutes.
  o Close contacts are those who met the above criteria whether masked or unmasked.
  o Be prepared to provide contact information for the employee who tested positive and anyone who may have come into close contact with that employee.
  o NKY Health will provide a letter to the school to distribute to all identified close contacts indicating next steps including quarantine directions for 14 days from the last date of exposure to the positive case.
  o NKY Health will discuss with the worksite the Healthy at School guidelines and identify any potential areas to increase distancing, social distancing, PPE, handwashing and next steps.

Northern Kentucky Health Department
8301 Veterans Memorial Drive, Florence, KY 41042 | 859-341-4484 | www.nkyhealth.org

This letter is to inform you that you have been identified as a close contact to a positive case of novel coronavirus disease 2019 (COVID-19). In order to prevent the spread of COVID-19, you need to do the following:

- Monitor for symptoms such as a fever (above 100.4°F), cough, or difficulty breathing
- Take your temperature at approximately the same time each day
- If you experience symptoms of COVID-19, isolating yourself and calling your doctor immediately
- Inform them of your potential exposure and your symptoms. If you are ill and feel you have an emergency, seek care immediately and inform doctors and health care providers that you have had contact with a known COVID-19 case. Please let NKY Health know if you seek medical care.
- Remain in your home. As much as possible, you should stay in a separate room away from other people in your home. DO NOT eat meals with others in your home. You should also use a separate bathroom, if available.
- Do not attend work, school, shopping centers, movie theaters, stadiums, church, or any other event.
- Do not travel outside of the county where you reside.
- Do not travel outside of Kentucky.
- Do not ride in any public or commercial transportation such as a bus, taxi, plane, train, Uber, Lyft oruber.

These actions must be taken for 14 days after your last exposure to the positive case. If you live in the same household as a positive case or have continued exposure to the case, the 14-day quarantine will begin after the case has recovered. The case is considered recovered when the following conditions have been met: they are fever-free for 1 day without fever reducing medication, any symptoms experienced are improving, and it has been at least 10 days since their symptoms started (or since their last date if they had no symptoms). This will be 20 days for individuals with laboratory-confirmed or clinically suspected COVID-19 with severe or critical illness or who are severely immunocompromised. Upon return to work, the individual will need to wear a surgical mask for 14 days after symptoms started or until all symptoms have completely resolved, whichever is longer. These actions must be taken regardless of facial covering use during exposure or testing results prior to 14 days after the last contact with the positive case.

COVID-19 ranges from a mild to severe respiratory illness. Symptoms may appear anywhere from 2 to 14 days after exposure to the virus. Most people infected with COVID-19 have a mild to moderate illness, and are able to recover at home. However, some people are more likely to have severe illness requiring hospitalization, including the elderly and people with chronic diseases such as diabetes, heart disease, kidney disease and lung disease.

It is important that we all do our part to prevent the spread of illness in our community. Everyone should regularly wash hands for at least 20 seconds with soap and water, cover coughs and sneezes with a tissue or elbow, and clean and disinfect frequently touched surfaces and objects. Stay home if you are sick and stay away from others who are sick. Practice social distancing—do not gather in groups and stay at least 6 feet away from others.

If you have questions, please contact Kentucky’s COVID-19 Hotline at 1-800-722-7777 or visit www.nkyhealth.org or www.kyhealth.gov.

ISOLATION/QUARANTINE CALCULATOR
Public Health Reporting

• Report cases to NKY Health
  [https://nkyhealth.org/individual-or-family/health-alerts/coronavirus/what-to-do/](https://nkyhealth.org/individual-or-family/health-alerts/coronavirus/what-to-do/)

• NKY Health reports workplace clusters to KDPH
Kentucky Coronavirus Monitoring
Current as of October 15, 2020

**Total Positive**
84,195
Probable: 12,299  -  Confirmed: 71,896

**Total Tested**
1,751,264
PCR: 1,633,080  -  Serology: 80,048  -  Antigen: 38,136

**Deaths**
1,296
Probable: 14  -  Confirmed: 1,282

**Positivity Rate**
4.94

**Recovered**
16,928
Resources

• Northern Kentucky Health Department COVID-19 Page
  https://nkyhealth.org/individual-or-family/health-alerts/coronavirus/

• Kentucky’s COVID-19 Page
  https://govstatus.egov.com/kycovid19

• Kentucky’s Healthy at Work Page
  https://govstatus.egov.com/ky-healthy-at-work

• CDC COVID 19

• Disinfection of Facility
Questions/Comments