

# ECHO

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October 7, 2020

# Outline

Review of isolation and quarantine guidelines

Droplets vs. Aerosols

# Isolation vs. Quarantine

## Isolation

### Definition

- Separating people infected with SARS-CoV-2 from people who are not infected

### To whom does this apply?

- People with symptoms of COVID-19 and test result is pending (if negative, discontinue isolation)
- People with and without symptoms who have tested positive

### How long to isolate?

- If symptomatic: 10 days from the onset of symptoms
  - If immunocompromised, or required hospitalization, extend time to 20 days from the date symptoms started
- If asymptomatic: 10 days from the date of positive test
  - If the patient becomes symptomatic during isolation, extend time to 10 days from the date symptoms started

## Quarantine

### Definition

- Keeping someone who might have been exposed to the virus away from others

### To whom does this apply?

- People with close contact with someone who has COVID-19
  - People who have had COVID-19 within the past 3 months do not need to quarantine (if more than 3 months, quarantine as usual)
- Close contact: within 6 feet, 15 minutes; caregiver of positive; direct contact (hug/kiss/shake hands) with positive; shared eating/drinking utensils; sneeze/cough/droplets transferred

### How long to quarantine?

- 14 days from the last contact with person who has COVID-19
- Can end up being longer than 14 days

# Quarantine Scenarios

- My office-mate tests positive October 7 – last close contact on October 6 – last day of quarantine = October 20
- My roommate tests positive on October 3 and starts “home isolation” – symptoms began October 1 – last day of isolation for my roommate = October 11; Last day of quarantine for me = October 17
  - October 7: I am asymptomatic, but I get tested and am negative – Can I stop quarantine? No – regardless of negative test during the 14 days, quarantine continues
  - October 10: I start with symptoms and get tested on October 13 – result is positive – change from quarantine to isolation on October 10; Last day of isolation = October 20
    - Does my roommate now need to quarantine since he is now a close contact of me, a positive case? No – people who have had COVID-19 and another exposure within 90 days do not need to quarantine
- My 3 year old asymptomatic child tests positive on October 1. We live in a 400 ft<sup>2</sup> studio apartment with one bathroom and are unable to effectively carry out “home isolation”. When will be my last day of quarantine? October 25

# Droplet vs. Aerosol

## Droplet

> 5-10  $\mu\text{m}$  (microns) in diameter

Expelled when a person coughs, sneezes, talks or sings

Droplet transmission can occur when a person is in close contact with infectious person

Respiratory droplets that include virus can reach the mouth, nose or eyes of a susceptible person and can result in infection

## Aerosol

Droplets that are  $<5\mu\text{m}$  in diameter = aerosols

Aerosols can “float” in the air for long periods before reaching the ground

Aerosols can be generated (Intubation, dental drilling, etc.)

Droplets can become aerosols – after exhalation, evaporation can occur and leave aerosols containing virus suspended for hours