

For Immediate Release

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**KDHE issues new recommendations for quarantine and isolation of travelers,
close contacts and those being tested**

TOPEKA - The Kansas Department of Health and Environment (KDHE) is issuing new guidance today surrounding COVID-19, including travelers, close contacts of confirmed cases and those being tested.

KDHE is now recommending 14-day home quarantine for Kansans who have:

- Traveled to a state with known widespread community transmission (currently California, New York and Washington state) on or after March 15.
- Visited Eagle, Summit, Pitkin and Gunnison counties in Colorado within the past week.
- Traveled on a cruise ship on or after March 15.
 - People who have previously been told by Public Health to quarantine because of their cruise ship travel should finish out their quarantine.
- Traveled internationally on or after March 15.
 - People who have previously been told by Public Health to quarantine because of their international travel should finish out their quarantine.
- Received notification from public health officials (state or local) that you are a close contact of a laboratory-confirmed case of COVID-19. You should quarantine at home for 14 days since your last contact with the case. (A close contact is defined as someone who has been closer than 6 feet for more than 10 minutes while the patient is symptomatic.)

“We know there are a lot of questions and concerns from people,” Dr. Lee Norman, KDHE Secretary, said. “One thing we want to stress is that having contact with someone who may have been exposed to someone who may be a COVID-19 case is not a reason to worry or quarantine yourself. Public health officials will notify you if you are a close contact of a confirmed case of COVID-19.”

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There is no need for returning travelers to notify KDHE about their return. Information on COVID-19 cases in the U.S. and states with community transmission can be found at www.cdc.gov/coronavirus/2019-ncov/index.html.

Home Quarantine Guidelines

Those who are under home quarantine should not attend school, work or any other setting where they are not able to maintain at about a 6-foot distance from other people.

If a person under quarantine develops symptoms of COVID-19 during their 14-day quarantine period, including a measured fever of 100.4 (F) or higher and lower respiratory symptoms like coughing or shortness of breath, they should contact their healthcare provider and tell them about their recent travel or other COVID-19 exposure.

Testing for COVID-19

Healthcare providers should evaluate exposure history and symptoms and call KDHE if COVID-19 is suspected. KDHE only approves COVID-19 testing requests from healthcare providers and local health departments.

People who are currently being tested for COVID-19 should remain in home isolation, or hospital isolation if symptoms are severe enough to be hospitalized, until test results are available. If the test result is negative, isolation is no longer required. If test results are positive for COVID-19, the person must remain in isolation until released by public health.

Prevention

There is currently no vaccine to prevent COVID-19. The best way to prevent illness is to avoid spreading the virus and to avoid being exposed to the virus. The virus is thought to spread between people who are within about 6 feet of each other for at least 10 minutes through droplets from coughing and sneezing.

To reduce risk, everyone should:

- Wash hands often with soap and water for at least 20 seconds or use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching eyes, nose and mouth with unwashed hands.
- Stay home if you are sick.
- Cover coughs and sneezes.
- Clean and disinfect surfaces daily.

For more information, please visit the KDHE website at www.kdheks.gov/coronavirus. KDHE has a phone bank that is staffed Monday – Friday, 8 a.m. – 7 p.m. The phone number is **1-866-534-3463** (1-866-KDHEINF). KDHE also has an email address for general inquiries, COVID-19@ks.gov. Please note these contacts are for general questions and cannot provide you with medical evaluations. If you are feeling ill, please stay home and call your healthcare provider.

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2019 Novel Coronavirus Infection (COVID-19): Risk Levels and Public Health Management of Exposed Persons, Disposition of Symptomatic Contacts, and New Person Under Investigation (PUI) Case Definition

ASYMPTOMATIC PERSONS WITH EXPOSURE TO COVID-19			
Risk Category	Definition	Movement Restrictions	Public Health Monitoring
High Risk	<ul style="list-style-type: none"> Living in the same household as, being an intimate partner of, or providing care in a nonhealthcare setting (such as a home) for a symptomatic laboratory confirmed COVID-19 case (or a clinically diagnosed case outside of the US). 	<ul style="list-style-type: none"> Quarantine in a location determined appropriate by Public Health for 14 days since last exposure. Air travel only allowed via medical transport. Local travel only allowed by medical transport or private vehicle. Patient should wear face mask. 	<p>Daily Active Monitoring:</p> <ul style="list-style-type: none"> Public Health will establish regular communication to assess for presence of fever or lower respiratory symptoms. Contact will be made at least once daily for 14 days since last exposure. Public Health should make initial contact immediately upon notification.
Medium Risk	<ul style="list-style-type: none"> Close contact with a person with symptomatic laboratory-confirmed COVID-19 infection (or a clinically diagnosed case outside of the US) and not having any exposures that meet a high-risk definition. On an aircraft, being seated within 6 feet of a traveler with symptomatic laboratory-confirmed COVID-19 infection; this distance correlates to approximately 2 seats in each direction. 	<ul style="list-style-type: none"> Remain at home or in a comparable setting for 14 days since last exposure. Avoid congregate settings, limit public activities, and practice social distancing (e.g., shopping centers, movie theaters, stadiums), workplaces (unless the person works in an office space that allows distancing from others), schools and other classroom settings, and local public conveyances (e.g., bus, subway, taxi, ride share). Postpone additional long-distance travel after reaching destination. 	<p>Self-Observation:</p> <ul style="list-style-type: none"> Persons should remain alert for fever and lower respiratory symptoms within 14 days since last exposure. If symptoms develop, they should contact their healthcare provider and discuss their exposure history and symptoms. Public Health will make information on self-monitoring for fever and respiratory symptoms including cough or difficulty breathing widely known



	<ul style="list-style-type: none">• Travel internationally from a country with a CDC Level 2 Travel Health Notice or higher and not having any exposure described in the High-Risk category.• Travel to a state within the US with confirmed community transmission and not having any exposure described in the High-Risk category.• New York, Washington State and California (starting 3/15/2020)• Eagle, Summit, Pitkin, and Gunnison counties in Colorado within the past week (starting 3/15/2020).• Travel on a cruise ship to any destination including Nile river cruises	<ul style="list-style-type: none">• Remain at home or in a comparable setting for 14 days since last exposure.• Avoid congregate settings, limit public activities, and practice social distancing (e.g., shopping centers, movie theaters, stadiums), workplaces (unless the person works in an office space that allows distancing from others), schools and other classroom settings, and local public conveyances (e.g., bus, subway, taxi, ride share).• Postpone additional long-distance travel after reaching destination.	in their community. If public health can monitor, they should.
Low Risk	<ul style="list-style-type: none">• Being in the same indoor environment (e.g. a classroom, hospital waiting room) as a symptomatic laboratory-confirmed COVID-19 case for a prolonged period but not meeting the definition of a close contact	<ul style="list-style-type: none">• No restrictions as long as they remain asymptomatic.	Self-Observation: <ul style="list-style-type: none">• Persons should remain alert for fever and lower respiratory symptoms within 14 days since last exposure. If symptoms develop, they should contact their healthcare provider and

	<p>(i.e. not within 6 feet for 10 or more minutes).</p> <ul style="list-style-type: none"> • Being seated on an aircraft within two rows of a traveler who is a symptomatic laboratory confirmed COVID-19 case but not within 6 feet. • Travel from any other country not described in the Medium-Risk category. 		<p>discuss their exposure history and symptoms.</p> <ul style="list-style-type: none"> • Public Health will make information on self-monitoring for fever and respiratory symptoms including cough or difficulty breathing widely known in their community.
No Identifiable Risk	<ul style="list-style-type: none"> • Interactions with a person with symptomatic laboratory-confirmed COVID-19 infection that do not meet any of the high-, medium- or low-risk conditions above, such as walking by the person or being briefly in the same room. 	<ul style="list-style-type: none"> • No restrictions 	<ul style="list-style-type: none"> • No Monitoring

ASYMPTOMATIC HEALTHCARE WORKERS WITH EXPOSURE TO COVID-19

Risk Category	Definition	Movement Restrictions	Public Health Monitoring
High Risk	<ul style="list-style-type: none"> HCP had close contact with a COVID-19 patient that was not wearing a facemask AND the HCP was not wearing any recommended PPE. HCP had close contact with a COVID-19 patient that was not wearing a facemask AND the HCP was wearing some PPE, but was not wearing a facemask or respirator. 	<ul style="list-style-type: none"> Quarantine in a location determined appropriate by Public Health for 14 days since last exposure. Air travel only allowed via medical transport. Local travel only allowed by medical transport or private vehicle. Patient should wear face mask. 	<p>Daily Active Monitoring:</p> <ul style="list-style-type: none"> Public Health will establish regular communication to assess for presence of fever or lower respiratory symptoms. Contact will be made at least once daily for 14 days since last exposure. Public Health should make initial contact immediately upon notification.
Medium Risk	<ul style="list-style-type: none"> HCP had close contact with a COVID-19 patient that was not wearing a facemask AND the HCP was wearing some PPE, but was not wearing eye protection. HCP had close contact with a COVID-19 patient that was wearing a facemask AND the HCP was not wearing any PPE. HCP had close contact with a COVID-19 patient that was wearing a facemask AND the HCP was wearing some PPE, but was not wearing a facemask or respirator. 	<ul style="list-style-type: none"> Remain at home or in a comparable setting for 14 days since last exposure. Avoid congregate settings, limit public activities, and practice social distancing (e.g., shopping centers, movie theaters, stadiums), workplaces (unless the person works in an office space that allows distancing from others), schools and other classroom settings, and local public conveyances (e.g., bus, subway, taxi, ride share). Postpone additional long-distance travel. 	<p>Daily Active Monitoring:</p> <ul style="list-style-type: none"> Public Health will establish regular communication to assess for presence of fever or lower respiratory symptoms. Contact will be made at least once daily for 14 days since last exposure. Public Health should make initial contact the same day, or the next morning in case of an evening notification.

<p>Low Risk</p>	<ul style="list-style-type: none"> • HCP had close contact with a COVID-19 patient that was not wearing a facemask AND the HCP was wearing some PPE, but was not wearing a gown or gloves. • HCP had close contact with a COVID-19 patient that was not wearing a facemask AND the HCP was wearing all recommended PPE, but was wearing a facemask instead of a respirator. • HCP had close contact with a COVID-19 patient that was wearing a facemask AND the HCP was wearing some PPE, but was not eye protection or was not wearing gown or gloves • HCP had close contact with a COVID-19 patient that was wearing a facemask AND the HCP was wearing all recommended PPE, but was wearing a facemask instead of a respirator. • HCP had proper adherence to all recommended infection control practices including wearing all recommended PPE. 	<ul style="list-style-type: none"> • No restrictions as long as they remain asymptomatic 	<p>Self-Monitoring with Delegated Supervision:</p> <ul style="list-style-type: none"> • Persons should remain alert for fever and lower respiratory symptoms within 14 days since last exposure. • Public Health will make initial contact and provide information on self-monitoring for fever, cough, or difficulty breathing. • The facility's occupational health or infection control program will coordinate monitoring with public health.
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HCP=healthcare personnel; PPE=personal protective equipment

Close contact for healthcare exposures is defined as follows: a) being within approximately 6 feet (2 meters), of a person with COVID-19 for a prolonged period of time (such as caring for or visiting the patient; or sitting within 6 feet of the patient in a healthcare waiting area or room); or b) having unprotected direct contact with infectious secretions or excretions of the patient (e.g., being coughed on, touching used tissues with a bare hand).

SYMPTOMATIC PERSONS WITH EXPOSURE TO COVID-19	
Risk Category	Movement Restrictions and Public Health Activities
High Risk	<p>Considered a PUI*</p> <ul style="list-style-type: none"> • Immediate isolation in hospital, if warranted by severity of symptoms, or home setting if determined appropriate by Public Health. • Air travel only allowed via medical transport. Local travel only allowed by medical transport or private vehicle. Patient should wear face mask.
Medium Risk	<p>Considered a PUI*</p> <ul style="list-style-type: none"> • Immediate isolation in hospital, if warranted by severity of symptoms, or home setting if determined appropriate by Public Health. • Air travel only allowed via medical transport. Local travel only allowed by medical transport or private vehicle. Patient should wear face mask.
Low Risk	<p>Maybe Considered a PUI*</p> <ul style="list-style-type: none"> • Person should seek health advice to determine if medical evaluation is needed • Avoid contact with others and public activities while symptomatic • Avoid travel on long-distance commercial conveyances or local public transport while symptomatic
No Identifiable Risk	<ul style="list-style-type: none"> • Routine Medical Care