

# Isolation and Quarantine | Frequently Asked Questions

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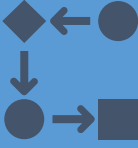
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## What are the differences between social distancing, quarantine, and isolation?

	Social Distancing	Quarantine	Isolation
<p><b>Who is it for?</b></p> 	<p>Anyone who hasn't been exposed to the disease.</p>	<p>People or groups who <b>don't</b> currently have symptoms but were exposed to the disease.</p>	<p>People who are <b>already sick</b> with the disease.</p>
<p><b>What is it?</b></p> 	<p>A day-to-day precautionary measure used by non-exposed people to help prevent the spread of a disease.</p>	<p>A prevention strategy used to monitor and separate <b>well people</b> who may have been exposed to a disease for a certain amount of time to see if they become ill. Helps prevent the spread of disease. Usually takes place in the home.</p>	<p>A prevention strategy used to separate people who are <b>sick</b> with an infectious disease from healthy people. Helps limit the spread of disease. Can take place in the home or hospital. Healthcare providers often send patients to home-isolation when they no longer require medical attention.</p>
<p><b>When do I use it?</b></p> 	<p>All the time until further direction by KDHE or the local health department.</p>	<p>If you have recently traveled to a country or US state with widespread community transmission of COVID-19, or been on a cruise or river cruise, or if you have come into close contact with someone who has COVID-19.</p> <p>Consult the KDHE website or contact your local health department if you are unsure if you should self-quarantine.</p>	<p>If you are waiting for COVID-19 test results, have tested positive for COVID-19, or have symptoms of the disease without a test. Contact your healthcare provider immediately if you are experiencing symptoms severe enough to seek healthcare. If symptoms are mild, stay at home and isolate away from others.</p>

<p><b>How long is it for?</b></p> 	<p>Indefinite until otherwise directed.</p>	<p>14 days after your last exposure.</p> <p>Once your quarantine period has ended, if you do not have symptoms, you may return to your normal routine.</p>	<p>10 days from the beginning of symptoms OR 72 hours after fever is gone without the use of fever reducing medicine and other symptoms have significantly improved WHICHEVER IS LONGER</p>
<p><b>What does this mean for my daily life?</b></p> 	<p>Avoid large gatherings and groups of over 50 people. Try your best to stay 6-feet away from people. Call or video-chat with loved ones, particularly those that are elderly or have underlying health conditions that places them at high-risk.</p> <p>If possible, work from home.</p> <p>Practice good hygiene and avoid shaking hands or touching your face.</p> <p>If you are feeling sick, stay home and if needed, call a healthcare provider.</p>	<p>Stay at home and avoid close contact with others. Do not attend school, work or any other setting where you cannot maintain about a 6-foot distance from other people. Call or video-chat loved ones.</p> <p>For food, medication, and other necessities. - have friends, family, or delivery services deliver supplies.</p> <p>Standard hygiene and precautionary measures like not sharing household items, washing your hands, and cleaning frequently touched surfaces often.</p> <p>If you are in home quarantine, monitor your symptoms and if you become ill and need medical attention call your healthcare provider.</p>	<p>Do not leave your home unless it is in an emergency. If you are in a home with others, stay in a room by yourself. Call or video-chat loved ones.</p> <p>For food, medication, and other necessities. - have friends, family, or delivery services deliver supplies. and try to stock up for the duration of the isolation.</p> <p>Standard hygiene and precautionary measures like not sharing household items, washing your hands, and cleaning frequently touched surfaces often.</p> <p>If you are in home isolation, monitor your symptoms and if you need medical attention, contact with your healthcare provider.</p>

## **I have traveled recently. How do I know if a travel-related quarantine is recommended?**

Currently, KDHE is recommending a 14-day **mandatory** home quarantine for people in Kansas who have:

- Traveled to a state with known widespread community transmission
  - New York on or after March 15
  - Illinois and New Jersey on or after March 23
  - Connecticut on or after April 6.
  - Massachusetts and Rhode Island on or after April 30.
  - Maryland on or after May 12.
- Traveled on a cruise ship or river cruise 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 to China, South Korea, Japan, Italy and Iran should finish out their quarantine.

These mandates do not apply to people who work in critical infrastructure sectors needed to continue operations during this pandemic. Public health, hospitals, clinics, pharmaceutical and food supply, along with others, are defined as critical infrastructure sectors by the Department of Homeland Security <https://www.cisa.gov/critical-infrastructure-sectors>. Employees who were potentially exposed to COVID-19 due to travel should monitor for signs and symptoms of COVID-19, including checking for a fever of 100.4 (F) or higher at least twice per day and monitoring for lower respiratory symptoms including cough or shortness of breath. A symptoms log is included at the end of this document. If symptoms develop during the 14-day quarantine period, employees should stop work immediately and notify their employer and public health.

## **How does KDHE determine which countries or states within the US are part of the list of areas for travel-related quarantine?**

For countries outside of the United States, KDHE refers to the COVID-19 Travel Recommendations by Country which is maintained by the CDC <https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notice.html>. Any country with a Level 2 Travel Health Notice or higher has ongoing community transmission and will have a **mandatory** 14-day quarantine for returning travelers.

For locations within the United States, KDHE uses a number of sources of data including the number of cases each state has and whether the state is reporting widespread community transmission to make the determination.

Currently, KDHE does not consider travel within Kansas as a criteria for travel-related quarantine. However, a local health officer may choose to include this as a criteria so you should be aware of your local isolation and quarantine criteria.

## **Where is the list maintained and how often is it updated?**

KDHE will continually update the list as more information is available. This information will be available on the KDHE COVID-19 website <https://govstatus.egov.com/coronavirus>.

## **What should I do if I am in quarantine for travel-related exposures?**

Those who are under a 14-day home quarantine should not attend school, work or any other setting where they are not able to maintain about a 6-foot distance from other people. If they are able to attend settings where they can maintain this recommendation for a 6-foot distance from others, then they can attend.

While at home:

- Monitor your symptoms. Watch for fever, cough or trouble breathing. A symptoms log is included at the end of this document. If symptoms develop during the 14-day quarantine period, please notify your local health department.
- If you become ill and need to seek medical attention:
  - Before seeking care, call your healthcare provider and tell them that you have traveled recently or that you have been otherwise exposed to COVID-19.
  - Put on a facemask before you enter the healthcare facility to help prevent further spread to other people in your healthcare provider's office or waiting room.
- If you need to seek medical care for other reasons, such as dialysis, call ahead to your doctor and tell them about your recent travel to an area with widespread or ongoing community spread of COVID-19.
- Facemasks should only be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.
- If possible, separate yourself from other people in your home. Stay in a different room from others and use a separate bathroom, if available.
- Cough or sneeze into the fold of your elbow. Alternatively, cover your mouth and nose with a tissue when you cough or sneeze.
- Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains 60-95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used if hands are visibly dirty.
- Clean all "high-touch" surfaces every day. High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions.

## **How long is a travel-related quarantine?**

A travel-related quarantine is for 14 days, starting with the day after you return to Kansas. If you do not develop symptoms of COVID-19 during your quarantine period, then you are released from quarantine at the end of the 14 days.

### **What happens if I develop symptoms consistent with COVID-19 while I am in quarantine?**

Symptoms of COVID-19 include a measured fever of 100.4 (F) or higher and lower respiratory symptoms like coughing or shortness of breath.

If the symptoms you develop during your 14-day quarantine are **mild** and you normally would not seek healthcare, stay home for:

- 10 days from the onset of symptoms OR
- 72 hours after fever is gone without the use of fever reducing medication AND there has been a significant improvement in symptoms
- WHICHEVER IS LONGER.

Please also notify your local health department. Due to national shortages in sampling supplies and testing reagents, we will be prioritizing testing to:

- Healthcare workers and first responders who had contact with a laboratory confirmed COVID-19 patient or have COVID-19 symptoms with no known exposure,
- Potential clusters of unknown respiratory illness, with priority given to long-term care facilities and healthcare facilities,
- Hospitalized patients with no alternative diagnosis, Older Americans over the age of 60 who have symptoms of COVID-19 with priority given to people who reside in a nursing home, long-term care facility, or other congregate setting, and
- Individuals with other illnesses that would be treated differently if they were infected with COVID-19 and therefore a physician judgement is especially important for this population.

If you have shortness of breath and need to call 911, notify the dispatch personnel that you may have been exposed to COVID-19 while traveling. If possible, put on a facemask before emergency medical services arrive.

If you have questions, contact your local county health department, or KDHE at 877-427-7317.

### **If I develop symptoms consistent with COVID-19 while I am in quarantine, and my test comes back negative, do I still need to finish out my 14-day quarantine?**

A negative test result does not allow a patient to end quarantine early. You would still need to complete the remaining days of your quarantine.

## For what situations are there quarantine recommendations for exposure to a case?

If you have been told by a public health or other authority that you are a close contact of a laboratory confirmed case of COVID-19, **you must** quarantine yourself for 14 days after your last contact with the case. You are considered a close contact if **you yourself** have **directly** been within 6 feet of someone with a laboratory confirmed case of COVID-19 for 10 minutes or more.

For healthcare, public health and law enforcement workers exposed to a laboratory confirmed case, there are certain situations that are deemed high or medium risk and quarantine is **highly recommended**. However, if these workers are critical to the pandemic response, with the approval of the local health officer and employer, it is **acceptable** that the employee can continue to work and self-monitor for symptoms twice per day as long as they remain asymptomatic. If symptoms develop, the person should immediately be isolated. Refer to the public health management of asymptomatic healthcare, law enforcement and public health workers with exposure to COVID-19 guidance.

## What should I do if I am in quarantine for exposure to a case?

Those who are under a 14-day home quarantine should not attend school, work or any other setting where they are not able to maintain about a 6-foot distance from other people. If they are able to attend settings where they can maintain this recommendation for a 6-foot distance from others, then they can attend.

While at home:

- Monitor your symptoms. Watch for fever, cough or trouble breathing. A symptoms log is included at the end of this document. If symptoms develop during the 14-day quarantine period, please notify your local health department.
- If you become ill and need to seek medical attention:
  - Before seeking care, call your healthcare provider and tell them that you have recently traveled recently or that you have been otherwise exposed to COVID-19.
  - Put on a facemask before you enter the healthcare facility to help prevent further spread to other people in your healthcare provider's office or waiting room.
- If you need to seek medical care for other reasons, such as dialysis, call ahead to your doctor and tell them about your recent travel to an area with widespread or ongoing community spread of COVID-19.
- Facemasks should only be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.
- If possible, separate yourself from other people in your home. Stay in a different room from others and use a separate bathroom, if available.
- Cough or sneeze into the fold of your elbow. Alternatively, cover your mouth and nose with a tissue when you cough or sneeze.
- Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains 60-95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used if hands are visibly dirty.

- Clean all “high-touch” surfaces every day. High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions.

**How long is an exposure to a case-related quarantine?**

An exposure to a case-related quarantine is for 14 days, starting with the day after your last contact with the case. If you do not develop symptoms of COVID-19 during your quarantine period, then you are released from quarantine at the end of the 14 days.



## What happens if I develop symptoms consistent with COVID-19 while I am in quarantine?

Symptoms of COVID-19 include a measured fever of 100.4 (F) or higher and lower respiratory symptoms like coughing or shortness of breath.

If the symptoms you develop during your 14-day quarantine are **mild** and you normally would not seek healthcare, stay home for:

- 10 days from the onset of symptoms OR
- 72 hours after fever is gone without the use of fever reducing medication AND there has been a significant improvement in symptoms
- WHICHEVER IS LONGER.

Please also notify your local health department. Due to national shortages in sampling supplies and testing reagents, we will be prioritizing testing to:

- Healthcare workers and first responders who had contact with a laboratory confirmed COVID-19 patient or have COVID-19 symptoms with no known exposure,
- Potential clusters of unknown respiratory illness, with priority given to long-term care facilities and healthcare facilities,
- Hospitalized patients with no alternative diagnosis, Older Americans over the age of 60 who have symptoms of COVID-19 with priority given to people who reside in a nursing home, long-term care facility, or other congregate setting, and
- Individuals with other illnesses that would be treated differently if they were infected with COVID-19 and therefore a physician judgement is especially important for this population.

If you have shortness of breath and need to call 911, notify the dispatch personnel that you may have been exposed to COVID-19. If possible, put on a facemask before emergency medical services arrive.

If you have questions, contact your local county health department, or KDHE at 877-427-7317.

## How do doctors and healthcare professionals determine if I need to be in home-isolation?

If your symptoms are not severe enough to be hospitalized, it may be appropriate for you to isolate at home.




Hospitalized patients can be released to home isolation once their healthcare providers feel that their symptoms no longer need immediate medical attention. For patients not requiring hospitalization any longer, or for people whose symptoms are not severe enough to require hospitalization, public health will assess the suitability of the home environment for home care.





Home isolation may be appropriate for individuals who:

- Are stable enough to receive care at home
- There are appropriate caregivers that are available to monitor you
- There is a separate bedroom where you can recover without sharing immediate space with others
- There is access to gloves and facemask
- All household members including you are able to adhere to necessary precautions

If you live in a group setting or a home setting where the above criteria cannot be met, the local health department will identify where you can be housed until no longer infectious.

## What should I do if I am in isolation because I am a lab-confirmed case?

Tips for Home Isolation	
	<p>Do not leave your home unless it is in an emergency.</p> <p>Avoid one-on-one interaction within 6-feet of another person. If possible, separate yourself from other people in your home. Stay in a different room from others and use a separate bathroom, if available.</p>
	<p>Monitor your symptoms. Watch for fever, cough or trouble breathing.</p> <p>If you become ill and need non-emergency medical attention for any reason, call your healthcare provider. Before you seek care and tell your healthcare provider that you have COVID-19. Use a facemask before when you go the healthcare facility.</p> <p><b>If you are in a medical emergency and need to call 911, notify the dispatch personnel that you have COVID-19. If possible, put on a facemask before emergency medical services arrive.</b></p>
	<p>Make sure you have the supplies and support you need. Do not share household supplies.</p> <p>Arrange for an appropriate caregiver and make sure to avoid direct contact. If possible, try to stock up on necessities like food, medications, water, and other supplies or have it delivered by friends, family, or delivery services. Make sure to keep at least 6-feet apart when accepting deliveries.</p>

	<p>Cough or sneeze into the fold of your elbow.</p> <p>Alternatively, cover your mouth and nose with a tissue when you cough or sneeze.</p>
	<p>Keep your hands clean.</p> <p>Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains 60-95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.</p>
	<p>Clean all “high-touch” surfaces every day.</p> <p>High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions.</p>
	<p>Stay connected virtually.</p> <p>Keep in touch with loved ones online or through your phone. Virtual dates, video chats, and online games are great ways to prevent social isolation and keep friends and family updated.</p>
<p><b>If you have questions, contact your local county health department, or KDHE at 877-427-7317.</b></p>	

**What should I do if I am a lab-confirmed case and I am a healthcare/public health/law enforcement worker?**

Lab-confirmed cases, including healthcare, public health, and law enforcement workers must be isolated in the same manner as any other lab-confirmed case. See above for determining if home isolation is recommended and tips for home isolation.

**When can I get out of isolation if I am a lab confirmed case?**

- 10 days from the onset of symptoms OR
- 72 hours after fever is gone without the use of fever reducing medication AND there has been a significant improvement in symptoms
- WHICHEVER IS LONGER.

If you have questions, contact your local county health department, or KDHE at 877-427-7317.

## Who has the authority to issue and enforce isolation and quarantine orders?

Each county's Local Health Officer, as well as the State Health Officer Dr. Lee Norman, has the authority to issue isolation and quarantine orders. For the most part, people will isolate and quarantine themselves without written orders. However, if someone violates a mandatory isolation or quarantine, a written order may be needed. Local law enforcement may be enlisted to help enforce an isolation or quarantine order.

**65-101. Health supervision; investigation of causes of disease, sickness and death; sanitation inspections; prevention of spread of disease; outreach services; rules and regulations; injunction.** (a) The secretary of health and environment shall exercise general supervision of the health of the people of the state and may:

- (1) Where authorized by any other statute, require reports from appropriate persons relating to the health of the people of the state so a determination of the causes of sickness and death among the people of the state may be made through the use of these reports and other records;
  - (2) investigate the causes of disease, including especially, epidemics and endemics, the causes of mortality and effects of locality, employments, conditions, food, water supply, habits and other circumstances affecting the health of the people of this state and the causes of sickness and death;
  - (3) advise other offices and agencies of government concerning location, drainage, water supply, disposal of excreta and heating and ventilation of public buildings;
  - (4) make sanitary inspection and survey of such places and localities as the secretary deems advisable;
  - (5) take action to prevent the introduction of infectious or contagious disease into this state and to prevent the spread of infectious or contagious disease within this state;
  - (6) provide public health outreach services to the people of the state including educational and other activities designed to increase the individual's awareness and appropriate use of public and other preventive health services.
- (b) The secretary of health and environment may adopt rules and regulations necessary to carry out the provisions of paragraphs (1) through (6), inclusive, of subsection (a). In addition to other remedies provided by law, the secretary is authorized to apply to the district court, and such court shall have jurisdiction upon a hearing and for cause shown to grant a temporary or permanent injunction to compel compliance with such rules and regulations.

**65-126. Quarantine of city, township or county.** Whenever the county or joint board of health or the local health officer neglects to properly isolate and quarantine infectious or contagious diseases and persons afflicted with or exposed to such diseases as may be necessary to prevent the spread thereof, the secretary of health and environment may quarantine any area in which any of these diseases may show a tendency to become epidemic.

**65-127. Penalty provision.** Any person found guilty of violating any of the provisions of K.S.A. 65-118, 65-119, 65-122, 65-123 and 65-126, and any amendments thereto, or failing to comply with any requirements thereof shall be fined, upon conviction, not less than twenty-five dollars (\$25) nor more than one hundred dollars (\$100) for each offense.

**65-119. Duties and powers of local health officers; contagious diseases; confidentiality of information; disclosure, when.**

(a) Any county or joint board of health or local health officer having knowledge of any infectious or contagious disease, or of a death from such disease, within their jurisdiction, shall immediately exercise and maintain a supervision over such case or cases during their continuance, **seeing that all such cases are properly cared for and that the provisions of this act as to isolation, restriction of communication, quarantine and disinfection are duly enforced.** The county or joint board of health or local health officer shall communicate without delay all information as to existing conditions to the secretary of health and environment. The local health officer shall confer personally, if practicable, otherwise by letter, with the person in attendance upon the case, as to its future management and control. The county or joint board of health or local health officer is hereby empowered and authorized to prohibit public gatherings when necessary for the control of any and all infectious or contagious disease.

(b) Any disclosure or communication of information relating to infectious or contagious diseases required to be disclosed or communicated under subsection (a) of this section shall be confidential and shall not be disclosed or made public beyond the requirements of subsection (a) of this section or subsection (a) of K.S.A. 65-118, except as otherwise permitted by subsection (c) of K.S.A. 65-118.

