



1/26/21 BCMS Local Update

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Outline

- Current cases, hospitalizations, case rate
- Flu numbers with website
- Health order extended on 1/14/21 through 2/16/21
- Many students returned to in-seat learning last Tuesday 1/19/21
- Options for release from quarantine early with negative test
 - Not as good from infection control standpoint but has helped people be more forthcoming about their contacts.
- Vaccine website with which tier we're on now and survey link
- Provided poster/handout to local provider listserv- on next slide
- Dr. Fauci gave a very helpful presentation earlier this month at Washington University which is geared for providers and you can find it here: <https://youtu.be/6oJ8OpNzK3U>



Situational awareness

- Current cases, hospitalizations, case rate
 - <https://gocolumbiamo.maps.arcgis.com/apps/MapSeries/index.html?appid=478880b83d5e4d35b646d80fe6f2c2f6>
- Flu numbers with website
 - <https://www.como.gov/health/disease-surveillance/>
- Health order was extended on 1/14/21 through 2/16/21
 - <https://www.como.gov/CMS/pressreleases/view.php?id=7245&tbiframe=1>
- Many students returned to in-seat learning last Tuesday 1/19/21
- Old news but new since my last update at BCMS:
 - Options for release from quarantine early with negative test on 12/2/20
 - Not as good from infection control standpoint but has helped people be more forthcoming about their contacts.

New options for release from quarantine as of 12/2/20:

The full 14 day quarantine is the best way to reduce the spread of COVID-19 and is still the safest option. There are now additional options to reduce the length of quarantine, IF you have NO symptoms. Quarantine may end after 10 days, or after 7 days with a negative PCR test.

What you need to know:

Ending quarantine early is only an option if you have NO symptoms of COVID-19.

In order to end quarantine early, you must continue monitoring your symptoms and wearing a mask at all times around others for the full 14 days after exposure. Additionally, please avoid contact with individuals who are at high risk for Covid-19 for the full 14 days.

Wearing a mask applies in all settings.

If you cannot wear a mask in any setting, including at home, you will need to separate yourself from others or not participate in activities where a mask cannot be worn for the full 14 day quarantine.

If choosing the option to test and end quarantine in 7 days, you will need to get tested on or after Day 5 of your quarantine. Getting tested before Day 5 could result in a false negative. Talk to your doctor or testing site to make sure you're getting a PCR test because a PCR test is more reliable for people without symptoms. (It must be a PCR-based test. The rapid antigen testing appears to only be reliable for people with symptoms so it should not be used to achieve early release from quarantine which is only for individuals without symptoms.)

If you develop symptoms of COVID-19 at any time during your 14 day quarantine period, please isolate immediately and get tested. All other quarantine protocols, including what defines a close contact and guidelines for continued exposure, remain in place.

Please continue to wear your mask after your quarantine period has ended. Our best researchers and medical experts have found that always wearing a mask around those outside our household is imperative to slowing the spread even when the 14 day quarantine is complete.

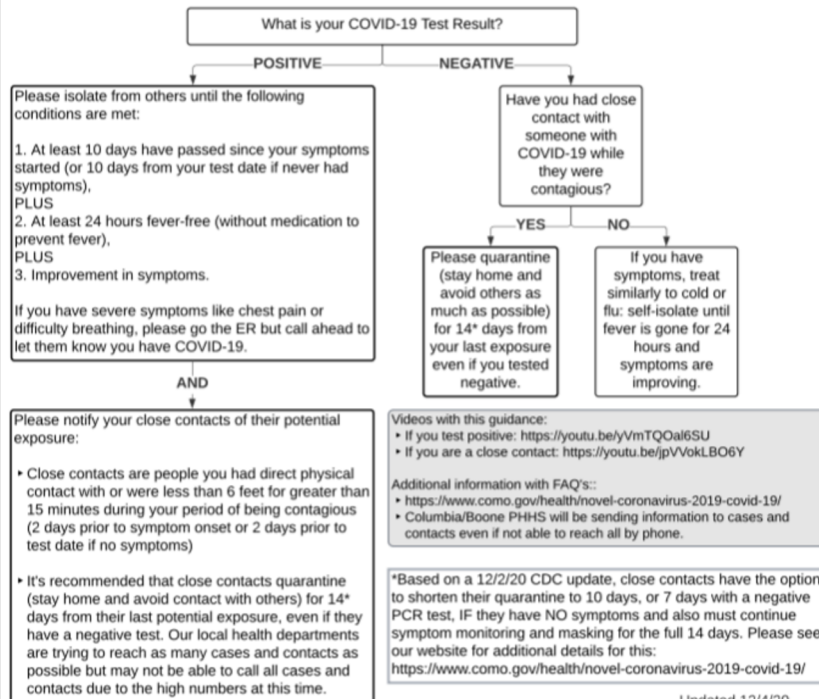
PHHS is working on updating all guidance documents to reflect this new quarantine protocol. We appreciate your patience.

Reference: <https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>



COVID-19 TESTING SITE GUIDANCE FROM COLUMBIA/BOONE PHHS

- While awaiting your test results, stay home and isolate from others as much as possible.
- Due to high numbers locally, our local health departments may NOT be calling to investigate all COVID-19 cases so please follow the below guidance.
- If you have severe symptoms like chest pain or difficulty breathing, please go the ER but call ahead to let them know you may have COVID-19.

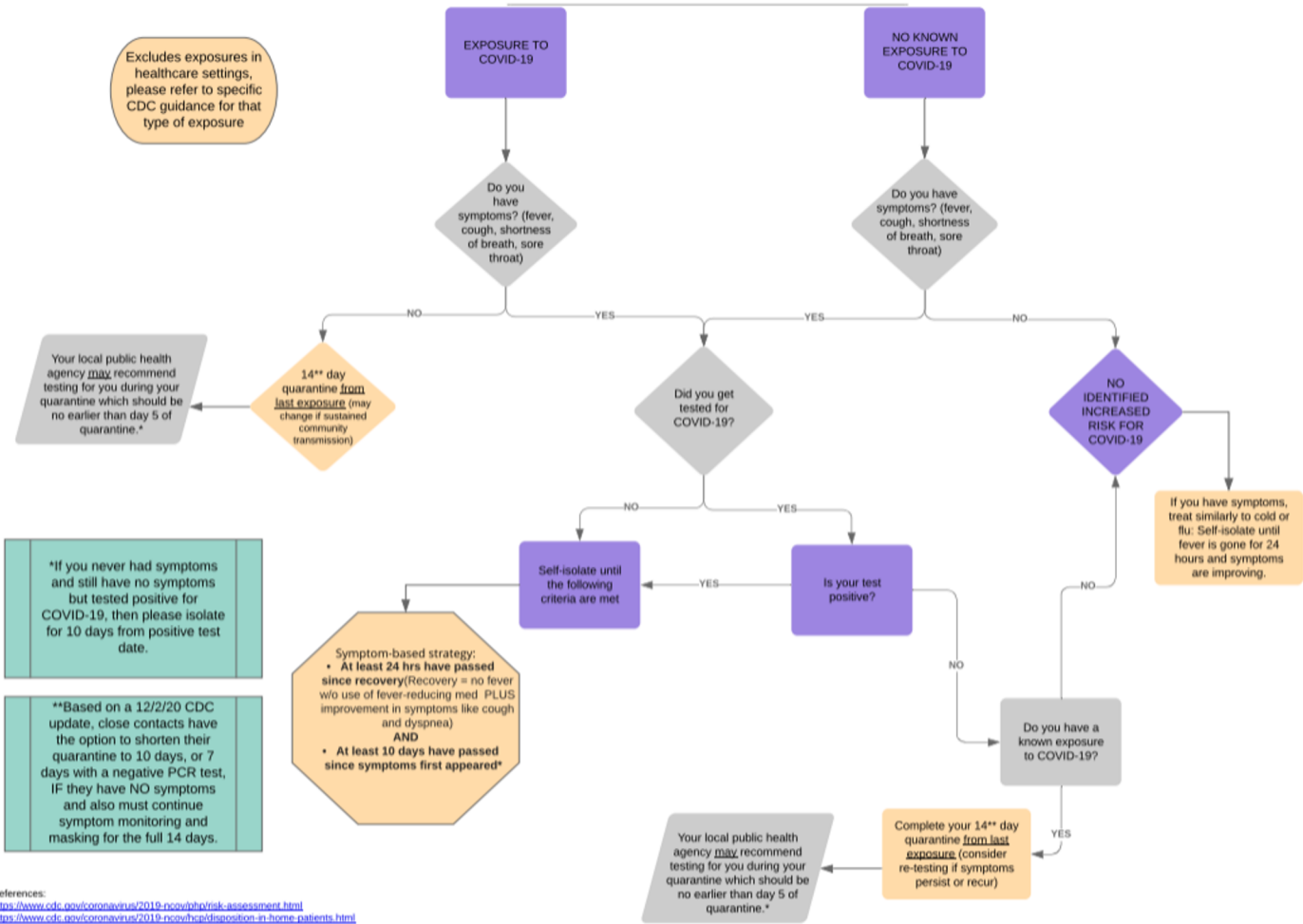


COVID-19 MANAGEMENT EXPOSURE VS ILLNESS

December 4, 2020

If you run into concerns, please contact Ashley Milham at ashley.milham@cmo.gov

Excludes exposures in healthcare settings, please refer to specific CDC guidance for that type of exposure



*If you never had symptoms and still have no symptoms but tested positive for COVID-19, then please isolate for 10 days from positive test date.

**Based on a 12/2/20 CDC update, close contacts have the option to shorten their quarantine to 10 days, or 7 days with a negative PCR test, IF they have NO symptoms and also must continue symptom monitoring and masking for the full 14 days.

References:
<https://www.cdc.gov/coronavirus/2019-ncov/bpr/risk-assessment.html>
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/isolation-in-home-patients.html>
<https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>





Vaccines

- Vaccine website with which tier we're on now and survey link
 - <https://www.como.gov/covidvaccine/>
- Provided poster/handout to local provider listserv- on next slide
 - Email me at ashley.millham@como.gov if you want to be added to that listserv



WHAT TO KNOW ABOUT COVID-19 VACCINES

- COVID-19 vaccines will be an important tool to help stop the pandemic.
 - Your best protection from COVID-19 will be a combination of getting a COVID-19 vaccine, wearing a mask, staying at least 6 feet away from others, avoiding crowds, and washing your hands often.
 - COVID-19 vaccines will not give you COVID-19.
 - The currently approved COVID-19 vaccines here were tested on tens of thousands of adults from diverse backgrounds.
 - Clinic trial data show that both vaccines are **safe and effective** at preventing COVID-19.
 - When can I get my vaccine in Boone County? [CoMo.gov/CovidVaccine](https://www.como.gov/CovidVaccine)
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SOURCE: CDC AND COLUMBIA/BOONE COUNTY
PUBLIC HEALTH AND HUMAN SERVICES



Other mentionables

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