

Guidance for Congregate Living Settings (Staff and Residents)

The Centers for Disease Control and Prevention (CDC) and the Anne Arundel County Department of Health (AACDOH) will provide updated guidance as needed and as additional information becomes available. Please continue to check the [CDC](#) and [AACDOH](#) websites routinely for updated guidance.

The best way to prevent illness is to get vaccinated and boosted with an authorized COVID-19 vaccine and to avoid being exposed to this virus. Please encourage all residents and staff to be up to date on COVID-19 vaccinations.

SYMPTOMS OF COVID-19

- Cough
- Shortness of breath
- Difficulty breathing
- New loss of taste or smell
- Fever of 100.4° F
- Chills or shaking chills
- Muscle or body aches
- Sore throat
- Headache
- Nausea or vomiting
- Diarrhea
- Fatigue
- Congestion or runny nose

DEFINITIONS

Booster Dose/Boosted. A subsequent dose of vaccine administered to enhance or restore protection by the primary vaccination which might have waned over time. All persons 12 years of age and older should receive a booster dose of COVID-19 vaccine, even if they were <12 years of age at the time of the primary series.

Calculating Quarantine. The date of last exposure is considered day 0. Day 1 is the first full day after the last contact with a person who has COVID-19.

Calculating Isolation. Day 0 is the first day of symptoms or day when the test was done for a positive viral test in an asymptomatic individual. Day 1 is the first full day after symptoms developed or the test specimen was collected.

Clinical Diagnosis of COVID-19. Healthcare providers should make a presumptive clinical diagnosis of COVID-19 in patients with compatible symptoms and no clear alternate diagnosis, especially if they have high risk exposures. The patient should be given isolation orders and instructions without waiting for laboratory confirmation.

Close Contact. Have been within 6 feet of a person with COVID-19 for a cumulative 15 minutes in a 24 hour period, regardless of whether face coverings are being worn or other physical barrier, starting **48 hours prior to:**

- a. Symptom development.
- b. Test date for asymptomatic cases.

Contacts of Contacts. Not considered close contacts of the initial case. Considered low risk for exposure unless the contact becomes COVID-19 positive.

Household Contact. Anyone who lives, or lived temporarily with the COVID-19 case for at least one night in the same room or house during positive cases infectious period. These persons should be reported as close contacts.

Isolation. Used to separate someone *infected* with the virus (those who are sick with COVID-19 and those with no symptoms) from people who are not infected. Individuals in isolation should stay home from work, school and activities. In the home, anyone sick or infected should separate themselves from others by staying in a specific ‘sick room’ or area and use a separate bathroom (if available).

Laboratory-Confirmed Case. A person who has tested positive for the COVID-19 virus, regardless of symptoms, using a laboratory test. This can be through PCR or a rapid test (antigen). Antibody testing is NOT considered confirmatory of an infectious case.

Physical Distancing. Maintaining at least 6 feet of physical distance between people, combined with other layered prevention strategies, to reduce transmission risk.

Primary Series. 2-dose series of an mRNA COVID-19 vaccine (Pfizer-BioNTech and Moderna) or a single dose of Janssen vaccine. Pfizer-BioNTech COVID-19 Vaccine is FDA-authorized for use in persons 5 years of age and older and is administered as a primary series of 2 doses 21 days apart. Moderna COVID-19 Vaccine is FDA-authorized for use in persons 18 years of age and older and is administered as a primary series of 2 doses 28 days apart. Janssen COVID-19 Vaccine is FDA-authorized for use in persons 18 years and older and is administered as a single dose for primary vaccination.

Quarantine. Used to keep someone who might have been *exposed* to COVID-19 away from others.

Up-to-Date on COVID-19 Vaccinations. Person has received an additional dose if immunocompromised or has received a booster dose at regular time points as recommended. Individuals who are moderately or severely immunocompromised should get an additional primary shot and a booster shot.

Well-fitted mask. A mask that fits snugly against the face. Masks should not have any gaps which can let air with respiratory droplets leak in and out around the edges of the mask. A mask should have layers to keep respiratory droplets in and others’ out. A mask with layers will stop more respiratory droplets getting inside the mask or escaping from your mask if you are sick.

Communication to the local health department when a resident or staff member is confirmed positive

- Follow the instructions below.
- Call 410-222-7254 during normal business hours, Monday through Friday, 8:00 a.m. to 4:00 p.m. to report.

SCENARIOS FOR STAFF MEMBERS

What to do as a supervisor if one of your staff develops symptoms of COVID-19

- Have your staff stay at home.
- If they are at the work site and become ill, immediately isolate them away from other employees regardless of vaccination status and send them home if it is safe to do so.
- Encourage staff to get tested.
- Develop a list of close contacts. Close contact is defined as anyone that came within 6 ft of the individual for a cumulative 15 minutes or more regardless of whether face coverings are being worn or other physical barrier two days prior to symptom onset or for asymptomatic people two days before test specimen collection.
- Clean the spaces occupied by the symptomatic employee.

What to do as a supervisor if one of your staff has a confirmed case of COVID-19, regardless of symptoms and vaccination status

- The Maryland Department of Health or the local health department may contact the positive individual via call/text with quarantine and isolation guidelines.
- Develop a list of close contacts in the workplace.
- Think about the questions below:
 - Do employees wear well-fitting masks all of the time while at work?
 - Are employees screened prior to starting work?
 - Do employees eat together?
 - Do employees share a break room?
 - What are the cleaning procedures in place?
 - Which employees are up-to-date on their COVID-19 vaccinations?
- Clean and disinfect using EPA registered products effective against the COVID-19 virus.
- Release limited information about a confirmed case and avoid any identifying information (name, gender, work site, role, position, etc). You may communicate that:
 - An employee was diagnosed with COVID-19 but you may not offer any other identifying information.
 - Isolation is required for anyone with a confirmed diagnosis of COVID-19.
 - You cannot comment on specific individuals to protect their privacy.
 - Remind people to maintain social distancing and infection control procedures.
 - Encourage people to contact their healthcare provider for possible evaluation and testing. Testing is available through the Anne Arundel County Department of Health at multiple locations, Monday through Saturday. Employees can call 410-222-7256 for further information or visit www.aahealth.org.
 - Encourage employees to be up-to-date on their COVID-19 vaccinations.
- Staff can return to work once released from isolation per CDC recommendations.

Isolation Recommendations - Staff Members

Isolation recommendations for individuals who test positive for COVID-19, regardless of vaccination status

- Current guidance for congregate settings/HCP requires staff members to isolate for a full 10 days OR 7 days with a negative test to return to work, if asymptomatic or mild to moderate illness with improving symptoms.
- If staffing shortages occur, staff may return to work after 5 days as [recommended by the CDC](#).
- During the 5 days of isolation - Stay in one room of the home, practicing physical distancing from household members and pets, use a different bathroom if possible, improve ventilation and do not share personal household items, like cups, towels and utensils.
- If isolation is ended after 5 days - Continue to wear a well-fitting mask around others for 5 additional days (day 6 through day 10). If unable to wear a mask when around others, should continue to isolate for 10 days.
- Avoid people who are immunocompromised or at high risk for severe disease, and nursing homes and other high-risk settings, until after at least 10 days.
- Do not travel until 10 days after symptoms started or after a positive test.
- Do not go to places where you are unable to wear a mask, such as restaurants and some gyms, and avoid eating around others at home and at work until after 10 days after the last close contact.

Isolation recommendations for individuals who test positive for COVID-19, regardless of vaccination status, who were severely ill with COVID-19 or have a weakened immune system (immunocompromised)

- Must isolate for at least 10 days and up to 20 days.
- Should consult with their healthcare provider before ending isolation.
- Should also discuss with their healthcare provider about the potential for reduced immune responses to COVID-19 vaccine and the need to continue to follow current prevention measures (including wearing a well-fitting mask, staying 6 feet apart from others they don't live with, and avoiding crowds and poorly ventilated indoor spaces) to protect themselves.

Quarantine Recommendations - Staff Members

Quarantine recommendations for close contacts (within 6 feet for a cumulative 15 minutes or more) of a person with COVID-19 WHO ARE UP TO DATE ON VACCINATION

- Should be tested on day 5, if possible, following a known exposure to someone with suspected or confirmed COVID-19.
- Wear a mask in public indoor settings and continue to monitor for symptoms for 10 days.
- They do not need to be excluded from work.
- If the close contact develops symptoms within the 10 days, they should get a COVID-19 test and stay home.
- If the close contact tests positive, they should isolate immediately.

Quarantine recommendations for close contacts (within 6 feet for a cumulative 15 minutes or more) of a person with COVID-19 WHO ARE UNVACCINATED OR NOT UP TO DATE ON VACCINATION

- Close contact should stay home for 5 days from their last potential exposure to COVID-19. This means staying in one room of their home, practicing social distancing, using a different bathroom if possible, and wearing a mask if they are unable to stay away from others in their home.
- Continue to wear a mask around others for 5 additional days.
- If unable to quarantine, wear a mask for 10 days.
- Test on day 5 if possible.
- Self-monitor for symptoms for the full 10 days.
- If the close contact develops symptoms within the 10 days, they should get a COVID-19 test and stay home.
- If the close contact tests positive, they should isolate immediately.

Contact of a Contact regardless of vaccination status and no symptoms of COVID-19

- Not at increased risk for exposure to COVID-19.
- No work or activity restrictions necessary.

SCENARIOS FOR RESIDENTS

Isolation Recommendations - Residents

Isolation recommendations for individuals who test positive for COVID-19, regardless of vaccination status.

- Isolate in a single room for a full 10 days.
- If there are no symptoms or symptoms resolving after 10 days, a resident can leave their residence/room.
- If symptoms have not resolved or improved, a resident should continue to stay home until they are fever-free for 24 hours without the use of fever-reducing medication and other symptoms have improved (loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation).

Quarantine Recommendations - Residents

Please Note: In certain congregate settings that have high risk of secondary transmission (such as correctional and detention facilities, homeless shelters, or cruise ships), CDC recommends a 10-day quarantine for residents, regardless of vaccination and booster status... Decisions to shorten quarantine in these settings should be made in consultation with state, local, tribal, or territorial health departments and should take into consideration the context and characteristics of the facility. CDC's setting-specific guidance provides additional recommendations for these settings.

Quarantine for residents regardless of vaccination/booster status

- Test once identified as close contact. Test again after ≥ 5 days from exposure.
- Quarantine for 10 days.
- Test at any time if symptoms develop.
- Can consider cohorted quarantine of residents who were close contacts. If cohorting, retest every 3-7 days to identify any new cases.

Contact of a Contact regardless of vaccination status and no symptoms of COVID-19

- Not at increased risk for exposure to COVID-19.
- No work or activity restrictions necessary.

GENERAL PREVENTION RECOMMENDATIONS FOR COVID-19

The most effective steps individuals can take to reduce the spread of the COVID-19 virus, including variants, include:

- Getting vaccinated and staying up to date on vaccinations. Vaccines are safe, free and effective.
- Testing if you have symptoms and isolating if positive.
- Wearing a mask indoors in public settings. Face masks are required in some health care facilities and on public transportation. Masks are the best way to slow the spread when around others outside your household. The two biggest risks are social gatherings and public dining, which bring people together who are not usually together. Keep your bubble of contacts as small as possible and do not let your guard down.
- Maintaining social distancing as much as possible, preferably at least 6 feet.
- Improving ventilation by opening windows and avoiding poorly ventilated or crowded spaces.
- Frequently and thoroughly washing your hands with soap and water for 20 seconds or using alcohol-based hand sanitizer containing at least 60% alcohol.
- Practicing proper respiratory etiquette, including coughing and sneezing into the back of your elbow or into a tissue. Immediately throwing away the tissue and washing your hands.

COVID-19 Health Line – [410-222-7256](tel:410-222-7256)

Monday – Friday 8:00 a.m. – 4:00 p.m.

Saturday 10:00 a.m. – 2:00 p.m.

or email covid19info@aacounty.org

CDC Resources

- [Workplaces and Businesses: Plan, Prepare, and Respond](#)
- [COVID-19 Guidance for Share](#)
- [Guidance for Congregate Housing](#)
- [Post-Vaccination Considerations for Workplaces](#)
- [Protecting Workers: Guidance on Mitigating and Preventing the Spread of COVID-19 in the Workplace](#)
- [Interim Public Health Recommendations for Fully Vaccinated People](#)
- [Interim Guidance for SARS-CoV-2 Testing in Non-Healthcare Workplaces](#) ● [Isolation and Quarantine](#)
- [Contact Tracing](#)
- [COVID-19 Frequently Asked Questions and Answers](#) [What to do if you are sick with COVID-19](#)
- [CDC's Handwashing Guide- Clean Hands Save Lives](#)
- Signage:
 - [Social Distancing](#)
 - [Wash Hands](#)
 - [If you are Sick, Do Not Enter](#)