

2/1/2022

** NOTICE: This health alert provides written guidance for health care professionals and others who may need to take action to prevent or control a notifiable condition. It is not intended to provide guidance for the general public.*

Update to Quarantine and Isolation Guidance for COVID-19

Summary

The Center for Disease Control and Prevention (CDC) along with the Washington State Department of Health have updated the quarantine and isolation guidance. Thurston County is in alignment with this new guidance and current quarantine and isolation information can be found on our website here: <https://www.thurstoncountywa.gov/phss/phssdocuments/QI%20Guidance%20FINAL.pdf>.

Background

CDC has shortened the recommended time for isolation and quarantine for the public. The change is motivated by science demonstrating that the majority of SARS-CoV-2 transmission occurs early in the course of illness, generally in the 1-2 days prior to onset of symptoms and the 2-3 days after.

Isolation relates to behavior after a confirmed infection. Quarantine refers to the time following exposure to the virus or close contact with someone known to have COVID-19. Both updates come as the Omicron variant continues to spread throughout the U.S. and reflects the current science on when and for how long a person is maximally infectious.

Recommendations for Healthcare Providers

In Thurston County, the general public isolation and quarantine guidance does not apply to people who are in the following high-risk settings:

- K-12 students or staff
- Daycare children or staff
- Higher education
- Healthcare workers
- Public transit workers
- People who are currently staying in an acute or long-term healthcare setting
- People who work or stay in a correctional facility
- People who work or stay in a shelter or transitional housing
- People who work in crowded work situations where physical distancing is impossible due to the nature of the work such as in a warehouse or factory
- People who work on fishing or seafood processing vessels

Public Health and Social Services has compiled a comprehensive document for quarantine and isolation guidance for Thurston County. The document includes information for the general public and sector specific guidance. Please consult this document if you have questions:

<https://www.thurstoncountywa.gov/phss/phssdocuments/QI%20Guidance%20FINAL.pdf>.

THANK YOU FOR REPORTING

COMMUNICABLE DISEASE UPDATE

COMMUNICABLE DISEASE CONTROL AND PREVENTION SECTION
THURSTON COUNTY PUBLIC HEALTH AND SOCIAL SERVICES DEPARTMENT
412 LILLY RD NE
OLYMPIA, WA, 98506-5132
DISEASE REPORTING: (360)786-5470



2/1/2022

TO REPORT A NOTIFIABLE CONDITION IN THURSTON COUNTY	
Voice mail for reporting non-immediately reportable conditions (24 hours a day)	Phone: 360-786-5470 Fax: 833-418-1916
Day time immediately reportable conditions – Call detailed information to the 24-hour Notifiable Condition Reporting Line at 360-786-5470. Messages are picked up hourly. If a call back can't wait call 360-867-2500 and ask staff to locate a Communicable Disease staff.	Phone: 360-786-5470
After hours immediately and 24-hour reportable conditions or a public health emergency	Call 1-800-986-9050
No one is available with Thurston County Public Health and condition is immediately notifiable	1-877-539-4344

Communicable Disease Updates are posted online at: <http://bit.ly/CDUpdatePHSS>