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** 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.*

Updated Long-Term Care Facility COVID-19 Guidance for Outbreaks and New Admissions

Actions Requested:

- 1) ***New admissions to your facility who are fully vaccinated, asymptomatic and have not been determined to be close contacts are no longer required to quarantine.*** This includes individuals who are 2 weeks passed their last dose in a COVID-19 vaccination series. There continues to be a required quarantine of all new admissions who are **NOT** fully vaccinated for 14 days in either a single room or a separate observation area. During this observation period full PPE including N95 or higher respirator, eye protection, gown and gloves must be used. Test for Sars-CoV-2 if symptoms develop or if there is a new exposure. For residents in 14-day quarantine, consider retesting quarantined asymptomatic residents during days 12-14.
- 2) ***Follow updated Thurston County Public Health guidance regarding quarantine, testing, and cohorting when a positive COVID-19 case is identified in your facility.***
 - When a COVID-19 case is identified in your facility, quarantine any units the case was on for longer than 15 minutes during their infectious period.
 - Test all staff and all residents on that unit regardless of vaccination status immediately (but not within 2 days of exposure) and 5-7 days after exposure. Continue testing every 3-5 days until there are two rounds of testing with no new cases. The Washington State Department of Health Guidance for Long-Term Care Facility Testing of Staff and Residents can be accessed here: <https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/420-334-TestingLongTermCareFacilities.pdf>
 - Residents who are fully vaccinated and test negative during screening testing may be released from quarantine in their rooms 7 days after the most recent exposure but should remain quarantined to the unit until 14 days have passed with no new COVID-19 cases. Individuals who are not fully vaccinated must quarantine in their rooms for 14 days after exposure. A unit is released from quarantine when 14 days have passed with no new cases.
 - Facilities that have the capacity to separately cohort confirmed positive COVID-19 cases, probable COVID-19 cases, and those in quarantine are recommended to follow the cohorting guidance issued by the Washington State Department of Health. Washington State Department of Health Guidance for



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Cohorting in Long-Term Care Facilities During a COVID-19 Outbreak can be accessed here:

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/420-368-LTCFCohorting.pdf>

- 3) **Monitor residents at least one time a day.** Monitor their symptoms, temperature, respiratory status, vital signs, and oxygen saturation at least once a day. During an outbreak monitor residents three times a day. Residents and healthcare personnel should be tested immediately if they develop symptoms. Notify the Thurston County COVID-19 support team if any resident or staff member tests positive within your facility. Contact us at 360-968-4066.
- 4) **Screen your staff members for COVID-19 based on Thurston County COVID-19 transmission rates**

Facility Type	Recommended or Required	County Positivity Rate/Testing Cadence
<ul style="list-style-type: none"> • Nursing Facilities • Skilled Nursing Facilities 	Required by CMS QSO-20-38-NH and Washington State Department of Health	<ul style="list-style-type: none"> • <i>Low Transmission:</i> Not recommended • <i>Moderate Transmission:</i> Once a week • <i>Substantial and High Transmission:</i> Twice a week
<ul style="list-style-type: none"> • Assisted Living Facilities 	Required by Thurston County Public Health	<ul style="list-style-type: none"> • <i>Low Transmission:</i> Not recommended • <i>Moderate Transmission:</i> Once a week • <i>Substantial and High Transmission:</i> Twice a week
<ul style="list-style-type: none"> • Supported Living Facilities • Adult Family Homes 	Recommended if resources are available	<ul style="list-style-type: none"> • <i>Low Transmission:</i> Not recommended • <i>Moderate Transmission:</i> Once a week • <i>Substantial and High Transmission:</i> Twice a week

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Background:

The first long-term care facility outbreak of COVID-19 in United States occurred in Kirkland, WA in February 2020. Since that time the Center for Medicare and Medicaid Services, Centers for Disease Control and Prevention, Department of Social and Health Services, and the Washington State Department of Health have issued guidance to prevent the spread of COVID-19 in long-term care facilities. Specialized infection prevention protocols have been developed. The most updated Washington State Department of Health guidance is shared in this update. To date, there have been 88 COVID-19 outbreaks in long-term care facilities in Thurston County since the pandemic began.

RESOURCES:

DOH Long-Term Care Facility Testing for Staff and Residents:

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/420-334-TestingLongTermCareFacilities.pdf>

DOH Interim Guidance for Long-Term Care: Transferring between Long-Term Care and other Healthcare Settings:

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/LTCTransferRecs.pdf>

DOH Interim Outbreak Definitions for Healthcare Settings:

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/InterimCOVID-HCOutbreak.pdf>

DOH COVID-19 Infection Prevention in Healthcare Settings (see heading: Long-Term Care Guidance):

<https://www.doh.wa.gov/Emergencies/COVID19/HealthcareProviders/InfectionPrevention>

CMS Interim Final Rule Regarding Long-Term Care Testing requirements (QSO-20-38-NH): <https://www.cms.gov/files/document/qso-20-38-nh-revised.pdf>

DSHS Safe Start for Long-Term Care (Nursing Facilities, Adult Family Homes, Assisted Living Facilities & Enhanced Services Facilities):

<https://www.dshs.wa.gov/altsa/residential-care-services/safe-start-long-term-care-plan>

DOH COVID-19: <https://www.doh.wa.gov/Emergencies/Coronavirus>

Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Thurston County Public Health and Social Services COVID-19 website:

<https://www.thurstoncountywa.gov/phss/Pages/coronavirus.aspx>

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



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THANK YOU FOR REPORTING

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: 360-867-2601
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>