



SPC COVID -19 Communication
1/12/21

Welcome to January. We hope everyone enjoyed the holidays safely.

According to the news, the holidays had a lot of people in North Carolina and across the nation who decided to ignore CDC and NCDHHS recommendations about avoiding large gatherings which resulted in a massive surge in new coronavirus cases across the country. This means we are more likely to encounter someone who is sick but has yet to exhibit symptoms. With a higher likelihood of exposure, we wanted to remind everyone about the CDC guidelines for quarantine after exposure which are attached for your convenience. Please take a minute to read and become familiar with them and plan to practice them if you happen to have an exposure that falls into the “close contact” definition.

The good news is that vaccinations are beginning to be administered across the state and we will be able to receive them hopefully soon. We have included a publication from NCDHHS with the order that vaccinations will be available to the public, but in the meantime, please remember to continue to practice social distancing and wearing a face covering.

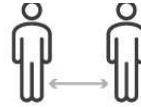
COVID-19



CASES ARE RISING.
ACT NOW!



WEAR A MASK



STAY 6 FEET APART



AVOID CROWDS

When to Quarantine

Stay home if you might have been exposed to COVID-19

Updated Dec. 10, 2020



Health departments: Detailed CDC recommendations for public health agencies on the duration of quarantine can be found here.

Local public health authorities determine and establish the quarantine options for their jurisdictions. **Quarantine** is used to keep someone *who might have been exposed to COVID-19* away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

Quarantine or isolation: What's the difference?

Quarantine keeps someone who might have been exposed to the virus away from others.

Isolation keeps someone who is infected with the virus away from others, even in their home.

Who needs to quarantine?

People who have been in close contact with someone who has COVID-19—excluding people who have had COVID-19 within the past 3 months.

People who have tested positive for COVID-19 within the past 3 months and recovered do not have to quarantine or get tested again as long as they do not develop new symptoms. People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.

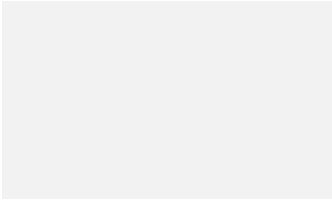
What counts as close contact?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

Steps to take

Stay home and monitor your health

- Stay home for 14 days after your last contact with a person who has COVID-19.

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- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19
 - If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19

Options to reduce quarantine

Reducing the length of quarantine may make it easier for people to quarantine by reducing the time they cannot work. A shorter quarantine period also can lessen stress on the public health system, especially when new infections are rapidly rising.

Your local public health authorities make the final decisions about how long quarantine should last, based on local conditions and needs. Follow the recommendations of your local public health department if you need to quarantine. Options they will consider include stopping quarantine

- After day 10 without testing
- After day 7 after receiving a negative test result (test must occur on day 5 or later)

After stopping quarantine, you should

- Watch for symptoms until 14 days after exposure.
- If you have symptoms, immediately self-isolate and contact your local public health authority or healthcare provider.
- Wear a mask, stay at least 6 feet from others, wash your hands, avoid crowds, and take other steps to prevent the spread of COVID-19.

CDC continues to endorse quarantine for 14 days and recognizes that any quarantine shorter than 14 days balances reduced burden against a small possibility of spreading the virus. CDC will continue to evaluate new information and update recommendations as needed. See [Options to Reduce Quarantine for Contacts of Persons with SARS-CoV-2 Infection Using Symptom Monitoring and Diagnostic Testing](#) for guidance on options to reduce quarantine.

Confirmed and suspected cases of reinfection of the virus that causes COVID-19

Cases of reinfection of COVID-19 have been reported but are rare. In general, reinfection means a person was infected (got sick) once, recovered, and then later became infected again. Based on what we know from similar viruses, some reinfections are expected.

Last Updated Dec. 10, 2020



COVID-19



MENÚ >

LOS CASOS ESTÁN
EN AUMENTO.
¡ACTÚE AHORA!



Descargo de responsabilidad: Este sitio web se actualiza con frecuencia. Parte de su contenido puede estar disponible en inglés hasta que se haya traducido todo el contenido.

Cuándo ponerse en cuarentena

Quédese en su casa si puede haber estado expuesto al COVID-19

Actualizado el 10 de dic. del 2020



Departamentos de salud: Las recomendaciones detalladas de los CDC para las agencias de salud pública sobre la duración de la cuarentena se encuentran aquí.

Autoridades de salud pública locales determinan y establecen las opciones de cuarentena para sus jurisdicciones. La **cuarentena** se usa para mantener a quienes *podrían haber estado expuestos al COVID-19* lejos de otras personas. La cuarentena ayuda a prevenir la propagación de la enfermedad, que puede producirse antes de que una persona sepa si está enferma o infectada por el virus sin tener síntomas. Las personas en cuarentena deben quedarse en sus casas, mantenerse alejadas de otras personas, monitorear su salud y seguir las instrucciones de su departamento de salud local o estatal.

Cuarentena o aislamiento: ¿cuál es la diferencia?

La **cuarentena** mantiene a una persona que pudo haber estado expuesta al virus alejada de otras personas.

El aislamiento mantiene a quienes fueron infectados por el virus lejos de las demás personas, incluso en su casa.

¿Quiénes deben cumplir con la cuarentena?

Las personas que han tenido contacto cercano con una persona con COVID-19, excepto las personas que ya tuvieron COVID-19 en los últimos 3 meses.

Las personas que obtuvieron un resultado positivo en la prueba de detección del COVID-19 en los últimos 3 meses y ya están recuperadas no necesitan hacer cuarentena o repetir la prueba, siempre y cuando no vuelvan a presentar síntomas. Las personas que vuelven a manifestar síntomas dentro de los 3 meses de su primer brote de COVID-19 pueden necesitar una nueva prueba de detección si no se identifica otra causa para sus síntomas.

¿Qué se considera contacto cercano?

- Si estuvo a menos de 6 pies de distancia de una persona que tiene COVID-19 por 15 minutos o más
- Si cuidó en casa a una persona enferma con COVID-19
- Si tuvo contacto físico con la persona (la abrazó o la besó)
- Si compartió utensilios para comer o beber
- Si la persona estornudó o tosió sobre usted, o si le llegaron de alguna otra manera sus gotitas respiratorias

Medidas que hay que tomar

Quédese en casa y monitoree su salud

- Quédese en casa por 14 días después de su último contacto con una persona que tiene COVID-19.
- Esté atento a la aparición de fiebre (100.4 °F), tos, dificultad para respirar u otros síntomas del COVID-19
- De ser posible, manténgase alejado de los demás, especialmente de las personas con mayor riesgo de enfermarse gravemente a causa del COVID-19

Opciones para reducir la cuarentena

Al reducir la duración de la cuarentena, a las personas les resultaría más fácil respetar la cuarentena ya que se reduciría el tiempo que no pueden trabajar. Un periodo de cuarentena más corto puede disminuir la presión en el sistema de salud pública, en especial cuando los casos nuevos de infecciones aumentan rápidamente.

Las autoridades locales de salud pública son quienes toman las decisiones finales en cuanto al tiempo que debe durar la cuarentena, según las condiciones y necesidades locales. Siga las recomendaciones de su departamento de salud pública local si debe cumplir la cuarentena. Las opciones que considerarán incluyen interrumpir la cuarentena:

- Después del día 10 sin realizarse una prueba de detección
- Después del día 7 luego de haber obtenido un resultado negativo en la prueba de detección (la prueba debe realizarse el día 5 o posteriormente)

Una vez finalizada la cuarentena, debería:

- Estar atento a los síntomas hasta 14 días después de la exposición.
- Si tiene síntomas, debería aislarse de inmediato por cuenta propia y notificar a la autoridad de salud pública local o a su proveedor de atención médica.
- Use mascarilla, permanezca al menos a 6 pies de las demás personas, lávese las manos, evite las multitudes y tome otras medidas para prevenir la propagación del COVID-19.

Los CDC siguen apoyando la cuarentena por 14 días y reconocen que una cuarentena que dure menos de 14 días compensa la carga que podría reducirse frente a una mínima posibilidad de propagación del virus. Los CDC continuarán evaluando la nueva información y actualizarán las recomendaciones según sea necesario. Vea [Opciones para reducir la cuarentena para contactos de personas con infección por SARS-CoV-2](#) a través del monitoreo de síntomas y las pruebas de diagnóstico que proporciona una guía sobre las opciones para reducir la duración de la cuarentena.

Casos confirmados o presuntos de reinfección por el virus que causa el COVID-19

Se notificaron casos de reinfección por el COVID-19, pero son poco frecuentes. En términos generales, reinfección significa que una persona se ha infectado (se enfermó) una vez, se recuperó y más adelante se volvió a infectar. Teniendo en cuenta lo que sabemos acerca de otros virus similares, es de esperar que surjan casos de reinfección.

Última actualización: 10 de dic. del 2020

Covid-19 Vaccinations: Your best shot at stopping COVID-19.

YOU HAVE A **SPOT.** | TAKE YOUR **SHOT.**

You have a spot, take your shot. A tested, safe and effective vaccine will be available to all who want it, but supplies will be limited at first. To save lives and slow the spread of COVID-19, independent state and federal public health advisory committees recommend first protecting health care workers caring for patients with COVID-19, people who are at the highest risk of being hospitalized or dying, and those at high risk of exposure to COVID-19. Keep practicing the 3 W's—wear a mask, wait six feet apart, wash your hands—until everyone has a chance to get vaccinated.



- 1a**
Health care workers fighting COVID-19 & Long-Term Care staff and residents.
- Health care workers caring for and working directly with patients with COVID-19, including staff responsible for cleaning and maintenance in those areas
 - Health care workers administering vaccine
 - Long-term care staff and residents—people in skilled nursing facilities and in adult, family and group homes

1b
Adults 75 years or older and frontline essential workers.

There is not enough vaccine for everyone in this phase to be vaccinated at the same time. Vaccinations will be available to groups in the following order.

- **Group 1:** Anyone 75 years or older, regardless of health status or living situation
- **Group 2:** Health care workers and frontline essential workers 50 years or older*
- **Group 3:** Health care workers and frontline essential workers of any age

* The CDC defines frontline essential workers as first responders (e.g., firefighters and police officers), corrections officers, food and agricultural workers, U.S. Postal Service workers, manufacturing workers, grocery store workers, public transit workers, and those who work in the education sector (teachers and support staff members) as well as child care workers

2
Adults at high risk for exposure and at increased risk of severe illness.

Vaccinations will happen by group in the following order:

- **Group 1:** Anyone 65-74 years old, regardless of health status or living situation
- **Group 2:** Anyone 16-64 years old with high-risk medical conditions that increase risk of severe disease from COVID-19 such as cancer, COPD, serious heart conditions, sickle cell disease, Type 2 diabetes, among others, regardless of living situation
- **Group 3:** Anyone who is incarcerated or living in other close group living settings who is not already vaccinated due to age, medical condition or job function
- **Group 4:** Essential workers not yet vaccinated*

* The CDC defines these as workers in transportation and logistics, water and wastewater, food service, shelter and housing (e.g., construction), finance (e.g., bank tellers), information technology and communications, energy, legal, media, and public safety (e.g., engineers), and public health workers

- 3**
Students
- College and university students
 - K-12 students age 16 and over. Younger children will only be vaccinated when the vaccine is approved for them



For more information:
YourSpotYourShot.nc.gov

