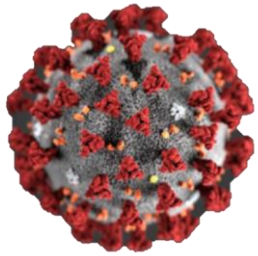


New Hampshire Coronavirus Disease 2019 (COVID-19) Education and Childcare Partner Call

January 5, 2022

Ben Chan
Elizabeth Talbot
Lindsay Pierce
Sheryl Nielsen
Stephanie Locke
Nathan Ramsdell

NH DIVISION OF
Public Health Services
Department of Health and Human Services

Education and Childcare Partner Call Schedule

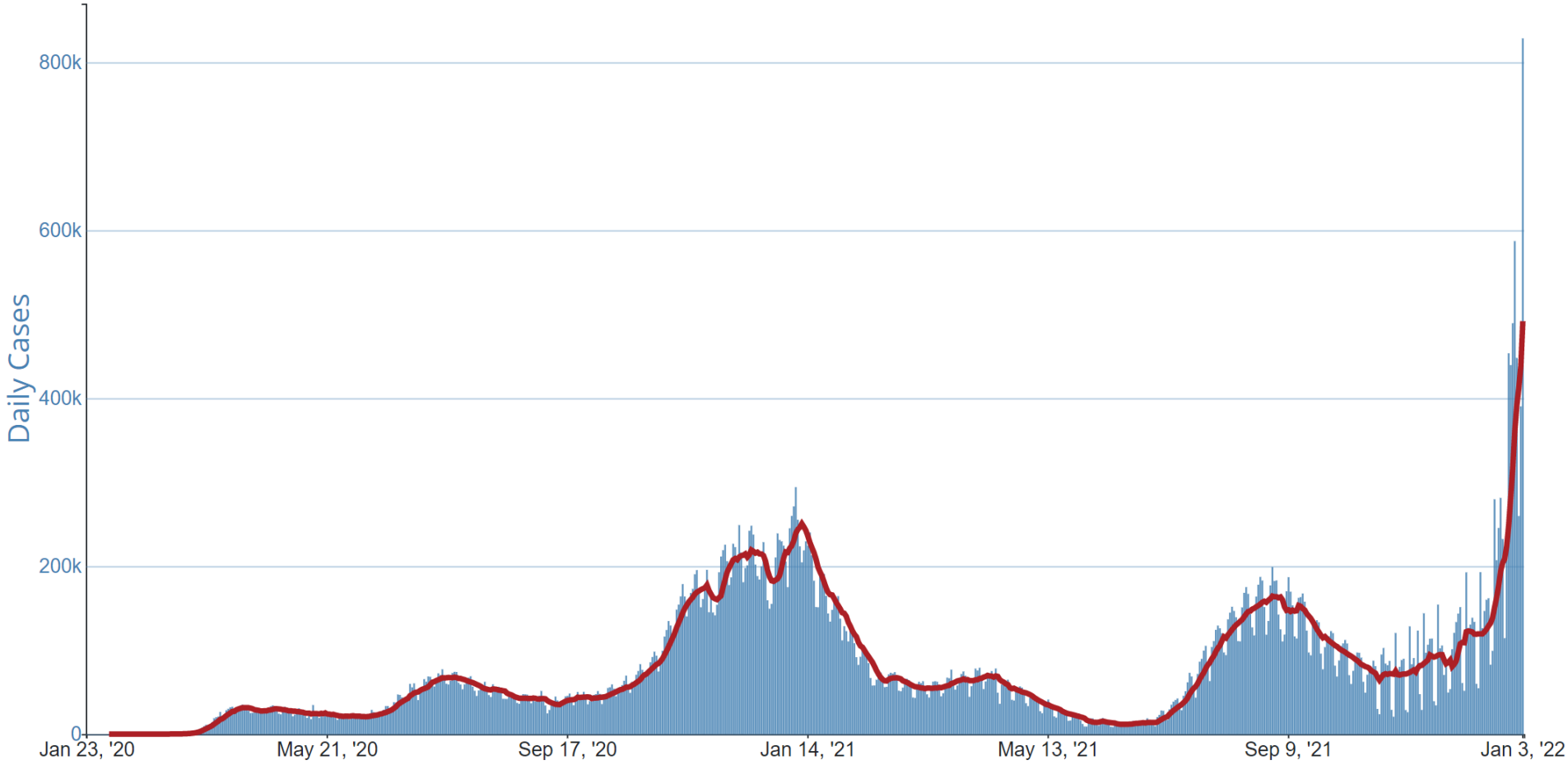
- 1st and 3rd Wednesday of each month from 3:30-4:30 pm
- Webinar/call information:
  - Zoom link: https://nh-dhhs.zoom.us/s/98062195081
  - Webinar ID: 980 6219 5081
  - Passcode: 197445
  - Telephone: 646-558-8656

Agenda

- Epidemiology update
- CDC's updated isolation and quarantine guidance
- Q&A

Epidemiology Update

U.S. National Daily Incidence of COVID-19



https://covid.cdc.gov/covid-data-tracker/#trends_dailytrendscases

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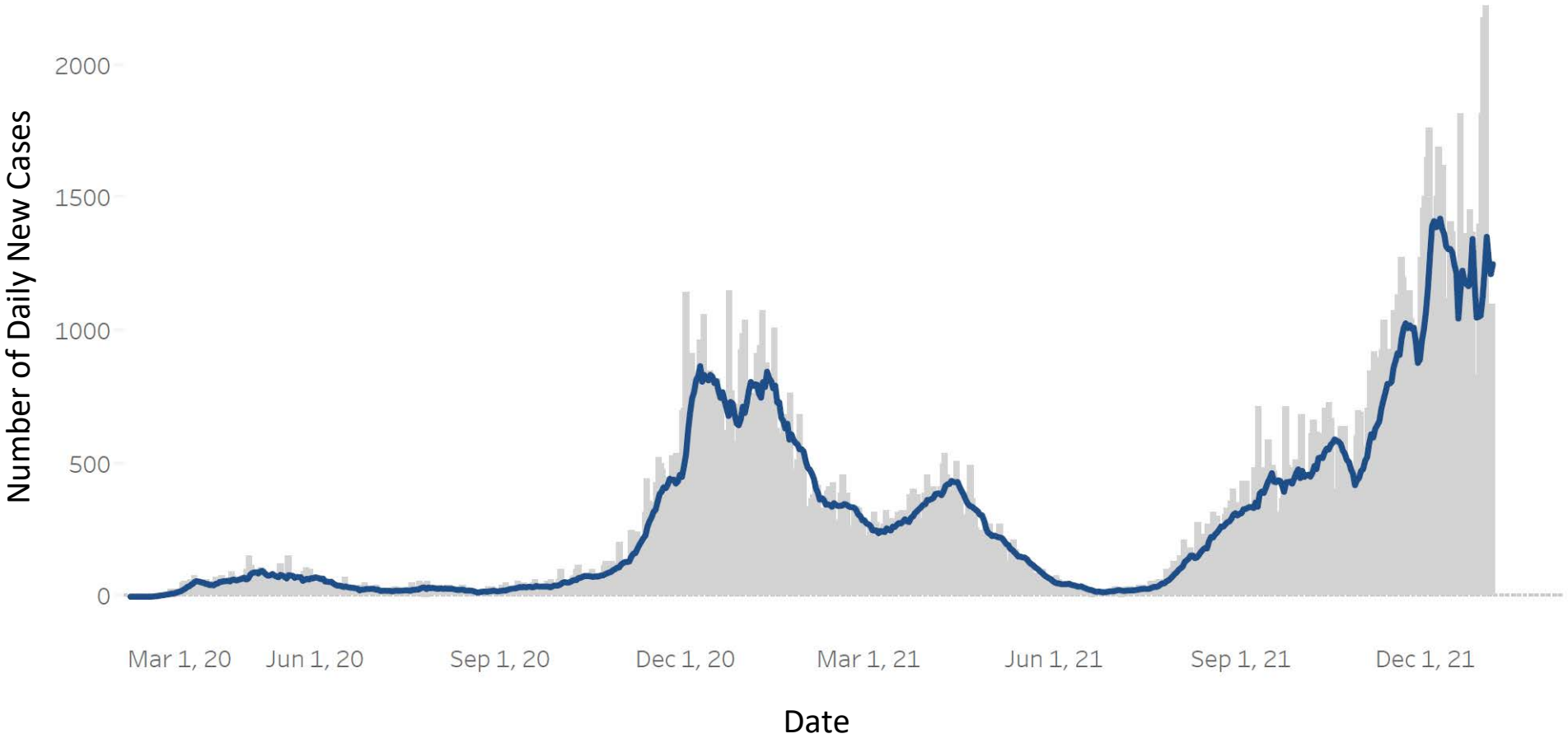
Number of New COVID-19 Cases per Day in NH



https://www.nh.gov/covid19/dashboard/overview.htm#dash

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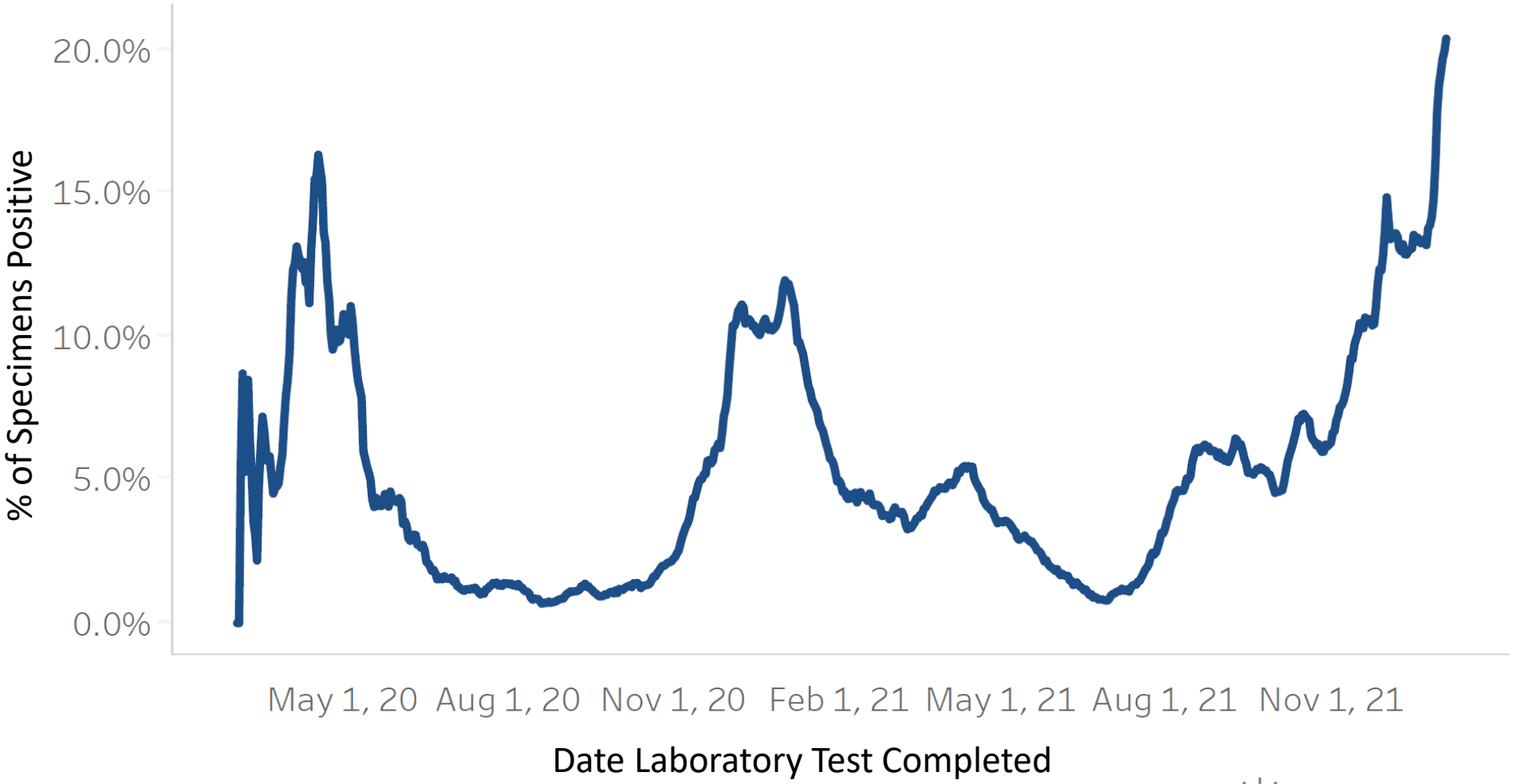
% of Tests (Antigen and PCR) Positive for COVID-19 (7-Day Average)



https://www.nh.gov/covid19/dashboard/overview.htm#dash

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Level of Community Transmission in NH

Statewide Level of Transmission

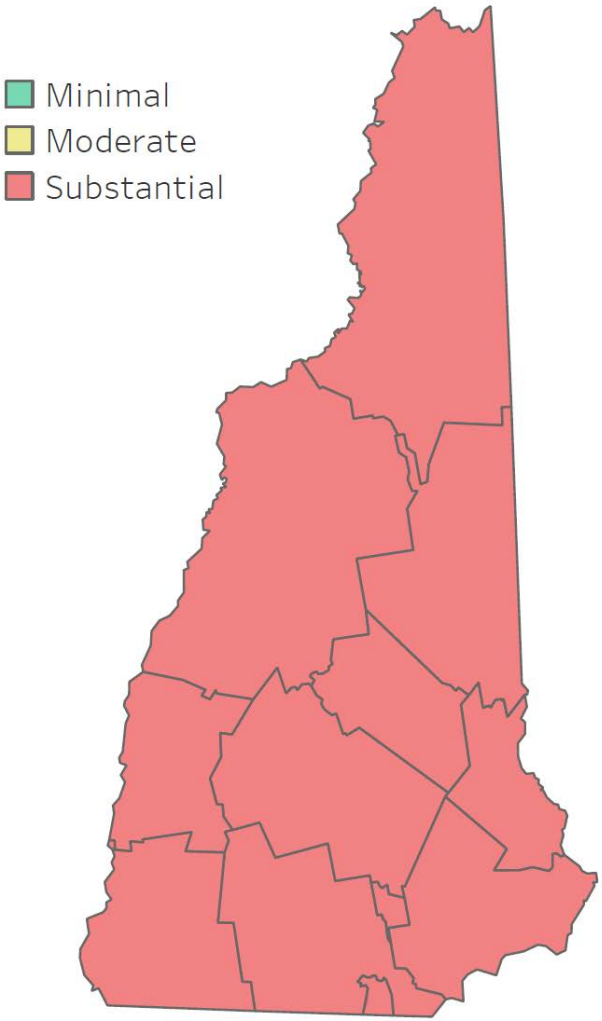
Substantial

New Cases per 100k over 14 days

1,186.0

7-Day Total Test Positivity Rate

20.4%



Data as of: 1/4/2022

https://www.covid19.nh.gov/dashboard/schools

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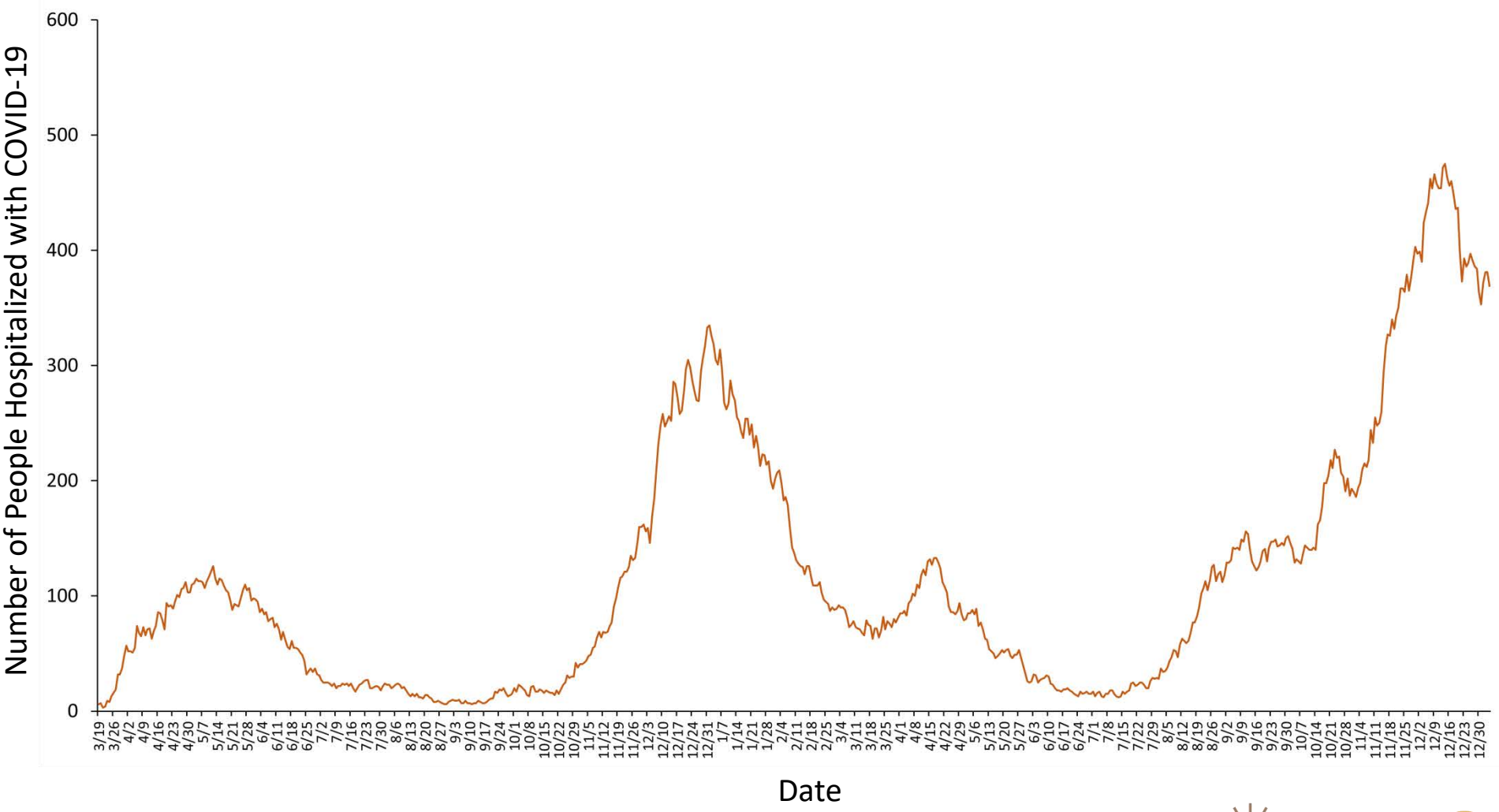
Number of People Hospitalized with COVID-19 Each Day in NH (Hospital Census)



https://www.nh.gov/covid19/dashboard/overview.htm#dash

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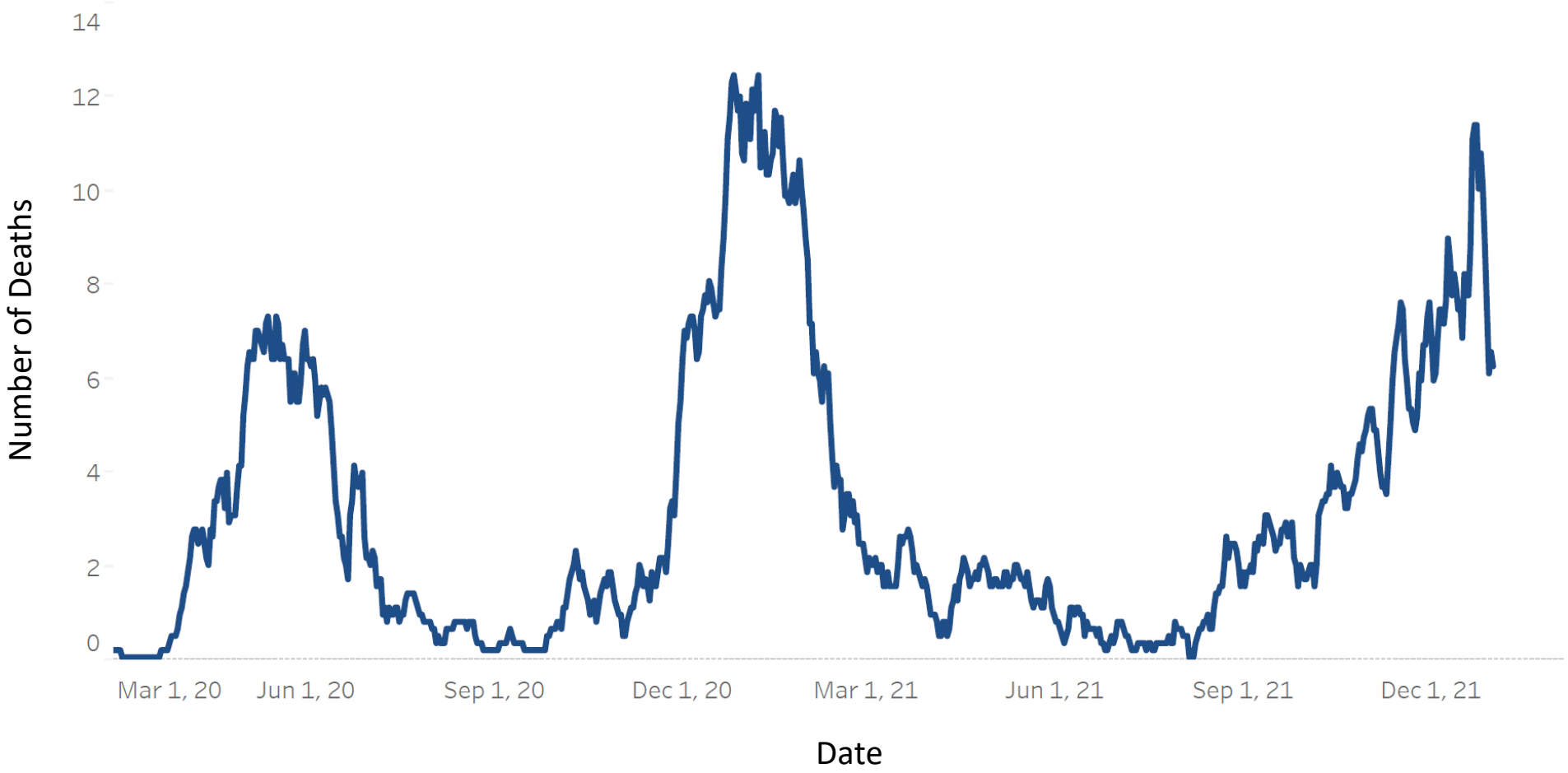
Average Number of COVID-19 Deaths per Day in NH (Based on Date of Death)



https://www.nh.gov/covid19/dashboard/overview.htm#dash

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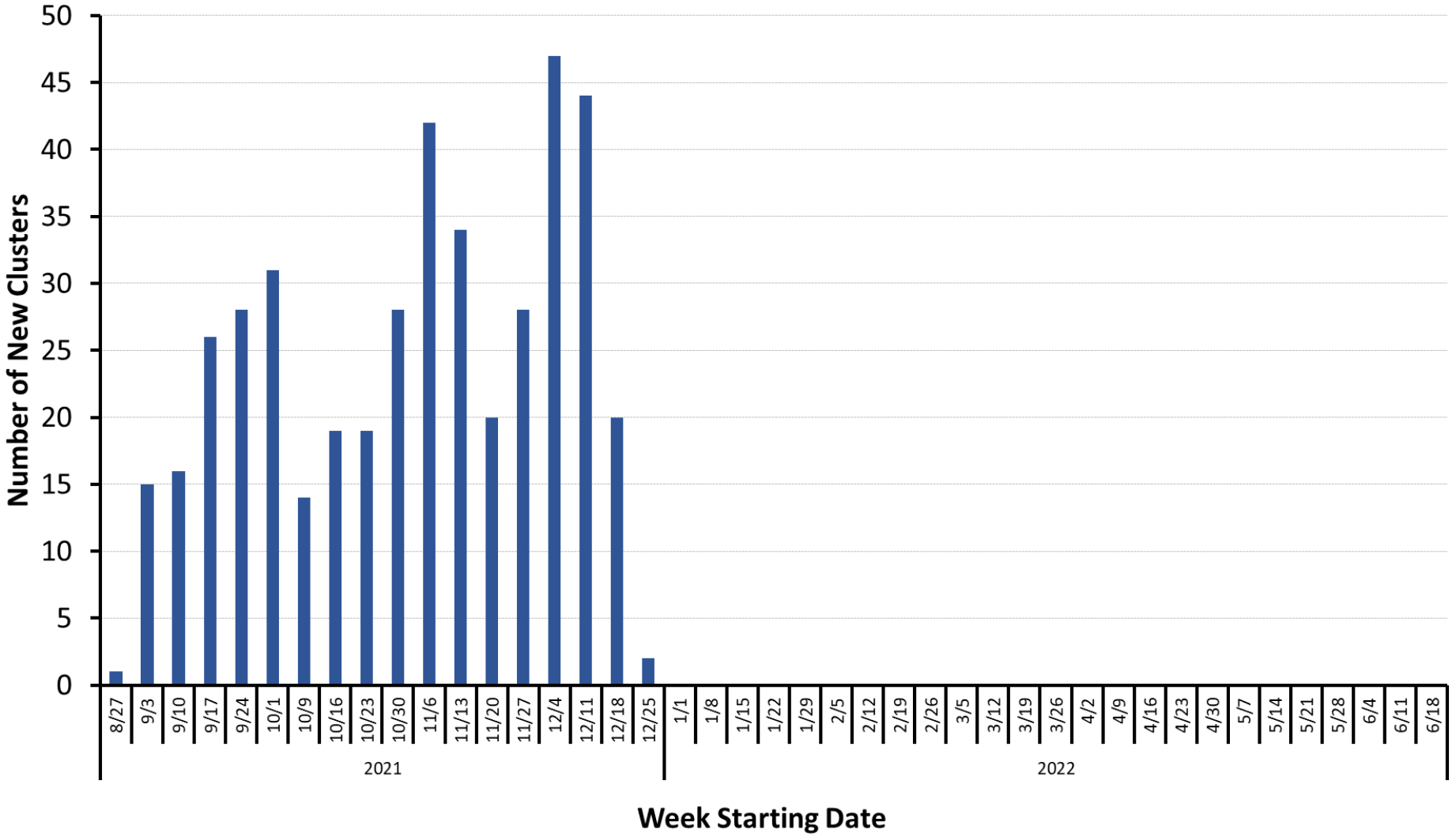
K-12 School Clusters in NH

School Year	Total # Clusters	Total # of Infections Associated with Clusters	Total # of Students Associated with Clusters (%)	Total # of Staff Associated with Clusters (%)	Average # of Infections per Cluster
2020-2021 (Entire School Year)	110	693	464 (67%)	229 (33%)	6.3
2021-2022 (First Half)	444	5,191	4,554 (88%)	637 (12%)	11.7

- We ended December with 132 active K-12 school clusters (average cluster size of 14.6 cases per cluster)
- Currently there are 72 open/active K-12 school clusters (average cluster size of 17.0 cases per cluster)

Number of New K-12 School Clusters Each Week in NH



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Childcare Clusters in NH

Time Period	Total # Clusters	Total # of Infections Associated with Clusters	Total # of Children Associated with Clusters (%)	Total # of Staff Associated with Clusters (%)	Average # of Infections per Cluster
July – Dec 2021	90	859	599 (70%)	260 (30%)	9.5

- We ended December with 24 active childcare clusters (average cluster size of 7.6 cases per cluster)
- Currently there are 15 open/active childcare clusters (average cluster size of 8.9 cases per cluster)

CDC's New Isolation & Quarantine Guidance for the General Public

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NH Is Adopting CDC's Updated Isolation and Quarantine Guidance

- NH is adopting CDC's updated isolation and quarantine guidance for how to safely shorten isolation and quarantine to 5 days
- We continue to recommend quarantine only for household contacts (meaning, CDC's guidance on quarantine will continue to be routinely recommended only for household contacts)
- Anybody with a known exposure to COVID-19 in a community setting should continue to take additional precautions, even if not required to quarantine
- More information and details will be posted soon on NH's COVID-19 isolation and quarantine guidance websites

Definitions

- Isolation: People who are sick or who have tested positive for the COVID-19 virus need to isolate (stay home and away from other people)
- Quarantine: People who have been exposed to the COVID-19 virus and are at risk for developing infection need to quarantine (stay home and away from other people)
- Isolation vs. Quarantine – People both on isolation and quarantine need to "stay home and away from other people", but we use different terms because sometimes the time periods and other recommendations may differ for isolation vs. quarantine

Quarantine and Isolation

Updated Jan. 4, 2022 Languages Print

Quarantine vs. Isolation

- You quarantine when you might have been exposed to the virus and may or may not have been infected.
- You isolate when you are sick or when you have been infected with the virus, even if you don't have symptoms.

On This Page

Background: Learn why CDC shortened the time for quarantine and isolation for the general population.

https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html

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CDC's Updated Guidance on Quarantine

- CDC recommends that people who are unvaccinated or who have NOT received all recommended COVID-19 vaccine doses for their age (including booster doses when eligible) should quarantine after a close-contact exposure to someone with COVID-19

https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html

CDC's Updated Guidance on Quarantine

- To shorten the duration of quarantine to 5 days, all the following recommendations should be followed:
  - Stay home for at least 5 days after the last exposure
  - Watch for symptoms for COVID-19 for 10 days (get tested if symptoms)
  - Even if no symptoms develop, get tested 5 days after the exposure
  - Wear a well-fitting face mask for 10 days after the exposure when around other people (including days 6-10 after ending quarantine)
  - Avoid people who are immunocompromised or at high-risk for severe disease until at least 10 days have passed from exposure
  - Avoid travel until 10 days have passed from the exposure

https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html

CDC's Updated Guidance on Isolation

- Anybody who tests positive for COVID-19 or who has symptoms of COVID-19 (while awaiting testing) should isolate

https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html

CDC's Updated Guidance on Isolation

- To shorten the duration of isolation to 5 days, all the following recommendations should be followed:
  - Stay home and away from others (including people in your household) for at least 5 days
  - To end isolation after 5 days, the person needs to be fever-free (off fever-reducing medications) with other symptoms improving for at least 24 hours
  - Wear a well-fitting face mask for 10 days after the start of isolation (including days 6-10 after ending isolation)
  - Avoid people who are immunocompromised or at high-risk for severe disease until at least 10 days have passed
  - Avoid travel until 10 days have passed from the start of isolation

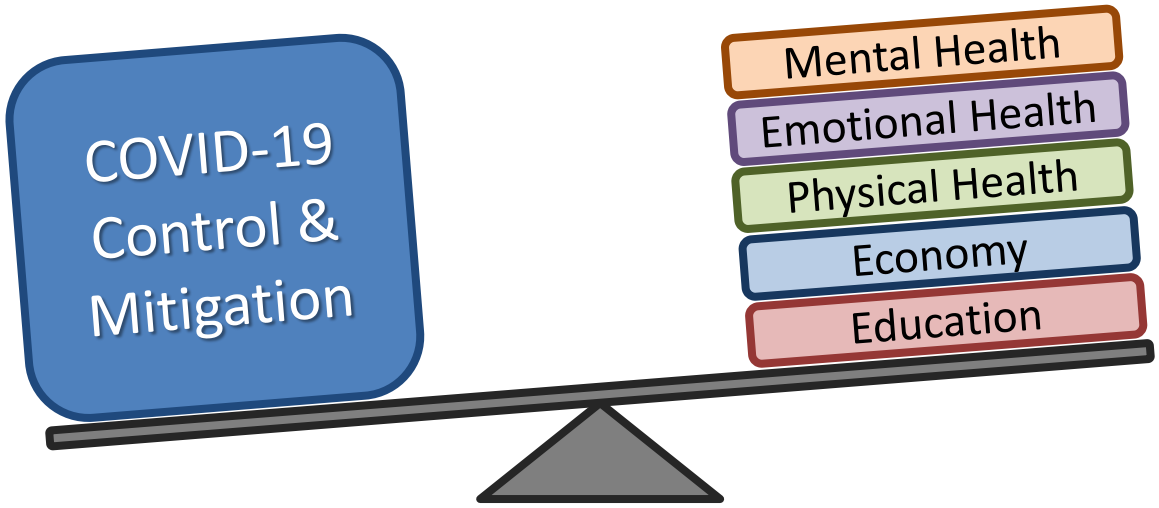
https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html

CDC Rationale for Guidance Change

- Isolation:
  - COVID-19 infectiousness peaks ~1 day before symptom onset and declines within a week of symptom onset
  - Average period of infectiousness and risk of transmission is from 2-3 days before symptom onset to 8 days after
  - An estimated 31% of persons remain infectious after the 5th day after a positive test
- Quarantine:
  - Omicron appears to have a shorter incubation period of ~2-4 days (defined as the time between infection to symptom onset)
- CDC's new guidance focuses isolation and quarantine to when a person is most infectious or at risk for developing COVID-19 in order to balance COVID-19 mitigation with other societal and individual needs

https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation-background.html

Balancing Competing Priorities



Multi-Layered Prevention Strategies Continue to Be Necessary (Reflected in CDC's Guidance)

- As isolation and quarantine time periods decrease, it's important to continue to implement other prevention strategies to off-set any increased risk, especially when levels of COVID-19 are high:
  - Vaccination (including booster shots)
  - Face mask use indoors
  - Limiting group sizes and incorporating physical distancing, where possible
  - Staying home and testing for any symptoms of COVID-19
  - Testing ~5 days after an exposure to someone with COVID-19
  - Screening testing to detect asymptomatic or pre-symptomatic infection (e.g., SASS program in K-12 schools)
  - Increasing ventilation
  - Hand hygiene and good respiratory etiquette
- Prevention strategies should be implemented as a mitigation "package"

Q&A