



TULE RIVER TRIBE PUBLIC HEALTH AUTHORITY

ORDER OF THE PUBLIC HEALTH AUTHORITY No. C19-08

SUBJECT: COVID-19 Duration of Isolation and Quarantine

I CURRENT SITUATION

COVID-19 is a highly contagious novel coronavirus spread mainly from person to person, through respiratory droplets produced when an infected person coughs, sneezes, or talks.¹ As of September 23, 2020, there have been 51 cases of COVID-19 identified through the Tule River Indian Health Clinic, Inc. but no deaths, 15,829 cases and 259 deaths in Tulare County, and 787,470 cases and 15,204 deaths in the State of California.² While there have been no deaths in cases identified by the clinic so far, recovered patients sometimes suffer permanent heart, lung, or neurological damage from Covid-19. The Tule River Indian Reservation must take precautionary steps to protect its people, community and elders from COVID-19.

II SUMMARY GUIDANCE

The following order is designed to protect the Tule River Indian Reservation, its residents, and its way of life. It begins at 12:00AM on September 26, 2020 and continues until otherwise noted.

The Public Health Authority requires all individuals with a positive COVID-19 clinical test or a known contact with a positive case of COVID-19 to isolate or quarantine until they deemed safe by the Public Health Authority.

Individuals are deemed safe according to the following policies. If an individual has a positive COVID-19 test AND shows symptoms of COVID-19, they will be cleared of isolation restrictions when one of the following two sets of conditions are met:

1. All COVID-19 symptoms have stopped, including fever without the use of medication; AND
 2. Receive a negative COVID-19 test result conducted by Tule River Indian Health Clinic, Inc. staff
- OR
1. All COVID-19 symptoms have stopped, including fever without the use of medication; AND
 2. At least 21 days have passed since first positive test; AND
 3. Written approval of TRIHCI Medical Director and/or Tribal Public Health Officer

If an individual has a positive COVID-19 test AND was asymptomatic (never had symptoms), they will be cleared of isolation restrictions when one of the following two sets of conditions are met:

- Receive a negative COVID-19 test result conducted at the Tule River Indian Health Clinic, Inc.
- OR
- At least 21 days since first positive test
 - Written approval of TRIHCI Medical Director and/or Tribal Public Health Officer

¹ <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#Basics>

² <https://tchhsa.org/eng/index.cfm/public-health/covid-19-in-tulare-county/>

Individuals with a known exposure to COVID-19 must quarantine for 14 days and then will be tested by Tule River Indian Health Clinic, Inc staff.

Household members of anyone in isolation or quarantine must follow directions as given by the COVID-19 contact tracing team.

Rationale

These policies are enacted to protect the community from the spread of COVID-19 and to not put unnecessary burden on individuals and households afflicted with COVID-19. They are aligned with the practices of the California Public Health Department,³ county health departments across the state, including Inyo and Mariposa Counties⁴ which have the lowest case rates as of 9/22/20⁵, and the Centers for Disease Control.⁶

This decision is based on multiple studies of COVID-19 positive patients, which have found that individuals are not infectious even though they continue to test positive for COVID-19. “A detailed study on nine patients with mild COVID-19 reported that infectious virus could not be isolated after more than eight days of symptoms.”⁷ Another study found that the duration of infectious virus shedding ranged from 0 to 20 days post onset of symptoms.”⁷

On the CDC website, they write:

*Available data indicate that persons with mild to moderate COVID-19 remain infectious no longer than 10 days after symptom onset. Persons with more severe to critical illness or severe immunocompromise likely remain infectious no longer than 20 days after symptom onset. Recovered persons can continue to shed detectable SARS-CoV-2 RNA in upper respiratory specimens for up to 3 months after illness onset, albeit at concentrations considerably lower than during illness, in ranges where replication-competent virus has not been reliably recovered and infectiousness is unlikely.*⁶

Despite the number of days being different, there is no significant evidence of individuals being infectious more than 20 days from diagnosis and without symptoms. Therefore, we have chosen 21 days to enforce isolation until a decision can be made on the necessity of continuation.

We understand that quarantine and isolation restrictions disrupt lives. We believe that prolonging the enforcement of isolation until a negative clinical test for COVID-19 creates unnecessary burden on the households that often are unable to work, make a living, see family members, attend events and exercise outdoors.⁸ In addition, tracking and monitoring individuals in isolation increases the workload on clinical staff. Thus, the Public Health Authority is making these orders based on the available information with the best interests of Tribe.

³ <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx>

⁴ https://www.inyocounty.us/sites/default/files/2020-09/09.14.20%20Inyo%20UPDATED%20HO%20Order%20RE%20Quarantine%20%20Isolation_0.pdf

⁵ <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/COVID19CountyMonitoringOverview.aspx>

⁶ <https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html>

⁷ <https://www.medrxiv.org/content/10.1101/2020.06.08.20125310v1.full.pdf>

⁸ <https://www.statnews.com/2020/06/08/viral-shedding-covid19-pcr-montreal-baby/>

Definitions

- a) "Contact" means spending more than 15 minutes within 6ft of someone without protective equipment, OR significant potential exposure through surfaces or time spent together as determined by a clinical professional
- b) "Isolation" means the separation, for the period of communicability or contamination, of infected or contaminated persons or animals from others in such places and under such conditions as to prevent or limit the direct or indirect transmission of the infectious agent or contaminant from those infected or contaminated to those who are susceptible or who may spread the agent or contaminant to others.
- c) "Quarantine" means the limitation of freedom of movement of such well persons or domestic animals as have been exposed to, or are suspected to have been exposed to, an infectious agent, for a period of time not longer than the longest usual incubation period of the infectious agent, in such manner as to prevent effective contact with those not so exposed.

III ENFORCEMENT

Violations of this Order by any person within the Tule River Indian Reservation shall constitute a civil infraction subject to

- 1st offense: Warning and/or fine of \$20.00
- 2nd offense: Fine of minimum \$20.00 and maximum \$250.00,
- 3rd offense or more: fine of \$250 and/or exclusion or banishment from the Tule River Indian Reservation for the third or more offense, in addition to any other penalties provided by applicable tribal or federal law.

- 1) Pursuant to Tribal Resolution No. FY2020-110, the Public Health Authority requests that Chief of Police of the Tule River Tribal Police enforce this Order to ensure compliance with its provisions. The violation of any provision of this Order may constitute an imminent threat and an immediate menace to public health.
- 2) This Order shall become effective at September 26, 2020 and will continue to be in effect unless extended, rescinded, superseded, or amended in writing by the Public Health Authority.
- 3) The Public Health Authority must promptly provide copies of this Order as follows: (1) by posting on the Tule River Indian Health Center Inc., website (www.trihci.org/covid-19) (2) by posting at the Tule River Tribal Council Administration Building; and (3) by providing a copy to any member of the public requesting a copy. In addition, the owner, manager, or operator of any facility that is likely to be impacted by this Order is strongly encouraged to post a copy of this Order onsite and to provide a copy to any member of the public requesting a copy.
- 4) If any provision of this Order or its application to any person or circumstance is held to be invalid, then the remainder of the Order, including the application of such part or provision to other persons or circumstances, shall not be affected and shall continue in full force and effect. To this end, the provisions of this Order are severable.

Signature: Eric Coles
Tribal Public Health Officer

Date: September 25, 2020

FAQS

1. What's the difference between isolation and quarantine?

Isolation is for someone who has tested positive for COVID-19. Quarantine is for someone who may have COVID-19 but does not have a positive test. It is important for both groups to stop contact with other individuals to curtail the spread of COVID-19.

2. When can I go back to work?

This policy is specific to the duration of isolation or quarantine policies of the Public Health Authority. Clearance from PHA policies does not mean individuals have approval to return to work. Based on the risk of spread within an organization, entities may require additional assurances before allowing employees to return to work.

3. What's the difference between symptomatic and contagious?

The science of COVID-19 is still evolving. The definition of "symptomatic" is actively displaying symptoms, such as coughing, fever, or headaches. Contagious means the virus can spread from one person to another. According to the latest recommendations, someone with COVID-19 is often contagious (meaning they can infect someone else), before they show symptoms. The vast majority of cases are then not contagious a few 3-5 days after symptoms stop. However, people who show symptoms are still contagious. Thus, we can only allow people without symptoms to leave isolation.

4. Did this policy change?

Yes. The previous policy for ending isolation or quarantine used a test-based approach, where you had to test negative for the disease before being cleared. Through July, the Centers for Disease Control recommended either the testing or the symptomatic approach. They changed their recommendation as the data changed. As of September 15, 2020, the CDC recommends a symptomatic approach and no longer recommends a testing approach. The science is still developing. Our policies may change based on the latest findings.