

TRHD Covid-19 Guidance  
Effective 12/28/2021

## Guidance for the Public

### Positives, regardless of vaccination status:

A person is considered positive if they receive a positive rapid test **OR** a positive PCR test **OR** a positive home test. Even if someone gets a positive rapid then a negative PCR they are considered a positive.

**Symptomatic:** A person who tests positive for Covid-19 will quarantine for 5 days from symptom onset. Quarantine will end at midnight on day 5 as long as symptoms are resolving. The person will then continue to wear a mask for an additional 5 days.

**Asymptomatic:** A person who tests positive for Covid-19 will quarantine for 5 days from the test date if the person does not have symptoms. Quarantine will end at midnight on day 5 as long as the person is symptom free. The person will then wear a mask for another 5 days.

### Contacts:

No quarantine required:

Fully Vaccinated Persons who have been boosted, have completed the primary series of Pfizer or Moderna during the last 6 months, or completed the primary series of J&J vaccine within the last 2 months are considered up to date on COVID-19 vaccination and are not required to stay home for 5 days but should wear a mask for 10 days.

Quarantine required:

Persons who completed the primary series of Pfizer or Moderna over 6 months ago and are not boosted, who completed the primary series of J&J over 2 months ago and are not boosted, or who are unvaccinated are considered not up to date on COVID-19 vaccination and should quarantine for 5 days followed by 5 days of mask use.

Persons with prior infection and who are unvaccinated or vaccinated (see definition below) are considered unvaccinated for the purpose of quarantine and they must quarantine.

## Home Testing Guidance

TRHD will accept a home test only if the result is positive.

TRHD will **not** accept a home test if the result is negative. The person must obtain a PCR test.

The person being tested is responsible for notifying the health department with positive test results. The result can be called in or emailed to the phone numbers and emails listed below:

Avery County Health Department

828-733-6031      [averyhd@toeriverhealth.org](mailto:averyhd@toeriverhealth.org)

Mitchell County Health Department

828-688-2371      [mitchellhd@toeriverhealth.org](mailto:mitchellhd@toeriverhealth.org)

Yancey County Health Department

828-682-6118      [yanceyhd@toeriverhealth.org](mailto:yanceyhd@toeriverhealth.org)

If the person emails the health department they must give the name, address, phone number, and date of birth of the person who tested positive.

If the person calls the health department they will be asked to provide the name, address, phone number, and date of birth of the person who was tested positive.

**Definitions:**

**Boosted:** Anyone who has had two Moderna/Pfizer vaccines or one J&J vaccine and has received a booster of any brand at the 6 month time period for Moderna/Pfizer or 2 months for J&J.

**Vaccinated:** Anyone who has had two Moderna/Pfizer vaccines and it's been two weeks after second shot or one J&J vaccine and it's been two weeks after one shot.

**Unvaccinated:** Anyone who has had one Moderna/Pfizer shot or has not had any shots. Also anyone who has had the two vaccines of Moderna/Pfizer and it's been longer than 6 months without a booster or the one J&J and it's been longer than 2 months without a booster. The booster for Moderna/Pfizer or J&J can be any brand (mix or match).

**School Guidance:**

Exclusion Category	Scenario	Criteria to return to school
<p style="text-align: center;"><b>Diagnosis</b></p>	<p>Person has tested positive with an antigen test but does not have symptoms of COVID-19 and is not known to be a close contact to someone diagnosed with COVID-19.</p>	<p>If the person has a repeat PCR/molecular test performed in a laboratory within 24 – 48 hours of their positive antigen test, and that PCR/molecular test is negative: the positive antigen test can be considered a false positive and the person can immediately return to school; <b>OR</b> If the person does not have a repeat PCR/molecular test, or has one within 24 – 48 hours and it is also positive, the person can return to school <b>5 days</b> after the specimen collection date of the first positive test, as long as they did not develop symptoms. <b>The person must continue to mask for 5 days to minimize risk of infecting others. The person is not required to have documentation of a negative test in order to return to school.</b></p>
<p style="text-align: center;">Diagnosis</p>	<p>Person has tested positive with a PCR/molecular test but the person does not have symptoms.</p>	<p>Person can return to school <b>5 days</b> after the specimen collection date of their positive test as long as they did not develop symptoms. <b>The person must continue to mask for 5 days post return to minimize risk of infecting others.</b></p>

Symptoms	Person has symptoms of COVID-19 and has tested positive with an antigen test or PCR/molecular test	<p>Person can return to school when</p> <ul style="list-style-type: none"> <li>• It has been at least <b>5 days</b> since the first day of symptoms;</li> <li>AND</li> <li>• It has been at least 24 hours since the person had a fever (without using fever reducing medicine);</li> <li>AND</li> <li>• Other symptoms of COVID-19 are improving.</li> </ul> <p>The person is not required to have documentation of a negative test in order to return to school.</p>
Symptoms	<p>Person has symptoms of COVID-19 but has not been tested for COVID-19 nor has visited a health care provider. Therefore, the person who has symptoms is presumed positive for COVID-19 due to the presence of a clinically compatible illness in the absence of testing.</p>	<p>Person can return to school when</p> <ul style="list-style-type: none"> <li>• It has been at least <b>5 days</b> since the first day of symptoms;</li> <li>AND</li> <li>• It has been at least 24 hours since the person had a fever (without using fever reducing medicine);</li> <li>AND</li> <li>• Other symptoms of COVID-19 are improving.</li> <li>• The person is not required to have documentation of a negative test in order to return to school.</li> </ul>

<p>Symptoms</p>	<p>Person has symptoms of COVID-19 but has received a negative test for COVID-19* or has visited a health care provider and received an alternate diagnosis that would explain the symptoms of COVID-19        *In a person with symptoms, a negative test is defined as either (1) a negative PCR/molecular test or (2) a negative antigen test if the person has a low likelihood of SARS-CoV-2 infection (e.g., the person has no known or suspected exposure to a person with COVID-19 within the last 14 days or is fully vaccinated). See CDC antigen algorithm for interpretation of antigen tests</p>	<p>Person can return to school when:</p> <ul style="list-style-type: none"> <li>• It has been at least 24 hours since the person had a fever (without using fever reducing medicine); AND</li> <li>• They have felt well for at least 24 hours. Note: The health care provider is not required to detail the specifics of the alternate diagnosis.</li> </ul>
<p>Exposure</p>	<p>Person who is not up-to-date with all recommended vaccination for their age and has been in close contact with someone with a confirmed case of COVID-19, in which one the persons was not masked.</p>	<p>If person is unvaccinated OR more than six months out from their second mRNA dose (or more than 2 months after the J&amp;J vaccine) and eligible for booster but not yet boosted they can return to school after completing 5 days of quarantine if asymptomatic, but must complete 5 days of strict mask use. The 5 days of quarantine begin on the day after the last known close contact with the COVID-19 positive individual. They should</p>

		<p>test on day 5 if possible. Alternatively, for people who have completed a primary series but are eligible and have not completed a booster, if a 5-day quarantine is not feasible, it is imperative that an exposed person wear a well-fitting mask at all times when around others for 10 days after exposure. If symptoms occur, person should immediately isolate until a test either confirms COVID-19, or a negative result rules it out.</p>
Exposure	<p>Person has been in close contact with someone with a confirmed case of COVID-19, in which both individuals were wearing a mask the entire time (regardless of vaccination status)</p>	<p>Person does not need to be excluded from school if masks were being worn appropriately and consistently by both the person with COVID-19 and the potential exposed person. This applies to exposures in classrooms, other in-school settings, and school transportation but does not apply to exposures during extracurricular activities, including athletic activities.</p>
Exposure	<p>Person is up-to-date with vaccinations recommended for their age (this includes people who have received their booster shot if eligible, or if not eligible for booster</p>	<p>Person does not need to be excluded from school if they have had no symptoms after being a close contact to someone with COVID-19, and they do not live in a</p>

	have completed their primary vaccination)	congregate setting (such as a shelter).
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