



NORTHERN RHODE ISLAND
pediatrics

Covid 19 update August 2021

The Delta variant is the dominant variant in the US and RI.

RI is considered to have a “high” transmission rate by the CDC.

Vaccinated individuals can still catch and spread Covid 19, regardless of whether you have symptoms or not.

- The vaccine offers significant protection against severe illness or death but does not protect you from getting infected with the Delta variant of Covid or keep you from spreading it to others.
- Vaccinated individuals carry as much virus in their noses as unvaccinated individuals and can spread the infection to others as readily.
- The Delta variant is easier to spread than previous types of the virus.
- You are more likely to spread the delta variant of the virus and are more likely to spread it earlier in your infection, compared to earlier forms of Covid 19.
- Covid patients are now “younger, sicker, quicker”

Vaccinated person with known exposure or suspected exposure to Covid 19 with NO SYMPTOMS

- A close contact is someone you were within 6 feet of for a total of 15min in a 24 hr period, masked or unmasked.
- Someone with corona virus is considered to be contagious to others starting 2-3 days before onset of symptoms.
- If NO symptoms - don't have to quarantine.
- Should watch for symptoms for 14 days after exposure.
- Should be tested 5-10 (RI DOH) days after exposure. (CDC rec 3-5)
- CDC recommends wearing a mask in indoor public settings for 14 days or until you receive a negative test.
- If test comes back positive must isolate for 10 days.

NOT vaccinated with known exposure or suspected exposure to Covid 19 with NO SYMPTOMS

- Quarantine for 10 days from last known exposure.
- If negative test on day 5 can decrease quarantine to 7 days (cannot use in-home test for this).
- Should watch for symptoms for 14 days after exposure.

Vaccinated or NOT vaccinated WITH symptoms

- If having symptoms (congestion, cough, fever, ST, body aches, N/V/D) should get tested and quarantine until results are back.
- If test comes back positive need to isolate for 10 days after onset of symptoms AND until you are fever free for 24hr (no meds) AND your symptoms have improved.
- If test is negative can end isolation.

If you've tested positive for Covid in the past 90 days and completed isolation period

- You are not considered a close contact and do not have to quarantine if you are near someone with Covid 19 WITHIN that 90-day period.
- Continue to monitor for symptoms and get tested if symptoms appear.

Websites for RI Dept of Health

- *covid.ri.gov* (Covid info)
- *portal.ri.gov* (Testing info)

CDC recommends that fully vaccinated people wear a face mask in public indoor settings in areas of “substantial” or “high” transmission. (RI designated as high transmission)

Domestic travel (within US)

- Not required to get tested or quarantine before or after travel
- For office staff it is a good idea to get tested 5 days after traveling, you should also limit exposure to others or consider wearing a mask indoors until you have been tested.

Schools and Covid

- Pre-K – 12 Guidance for 2021-2022 school year is posted on RI DOH website
- Check your town's/school's recommendations
- CDC recommends universal masking indoors for all teachers, staff, students, and visitors to schools REGARDLESS OF VACCINATION STATUS.