

COVID-19 Update: Board of Education

Carroll County Health Department

January 12, 2022

Sue Doyle, R.N., Acting Health Officer

Due to a statewide network security incident, data is limited. The Maryland Department of Health is now sharing limited case data. **Please note all data is subject to change.**

Maryland COVID Case Data

- Some statewide case data is now available; we still have limited access to local data
- 9,693 cases reported in Maryland on Monday
- Statewide positivity 27.6%
- Hospitalizations higher: 3,452 (last week 3,057)
- Some regional health systems moved to Crisis Standards of Care

General community guidance

During this time of high case rates, a highly contagious variant, and crisis levels of patients in our hospitals, the Health Department continues to recommend that everyone:

- Wear well-fitting masks in public and around people at high risk
- Avoid crowds and practice social distancing
- Gather outdoors or increase ventilation indoors
- Postpone travel and gatherings if possible
- Test when symptomatic or exposed to COVID or before visiting people at high risk
- Receive recommended vaccines or boosters as soon as possible
- Isolate if you have symptoms until you feel better or can get tested

Vaccination remains best option

A complete series of Covid-19 vaccines, including boosters, provides the best protection against serious disease:

- In a recent study of over 1.2 million vaccinated adults, only 36 died of covid;
- Of that 36, 75% had 4 or more comorbidities;
- For otherwise healthy adults, vaccination provides stronger and more durable immunity than natural infection;
- From a recent Texas study:
 - Unvaccinated of all ages are over 20 times more likely to die from covid
 - Unvaccinated people in their 40's are 55 times more likely to die of covid than vaccinated

Carroll County Data

Data through Monday, 1/10/22

17,617 (+1,514 since last week's report)

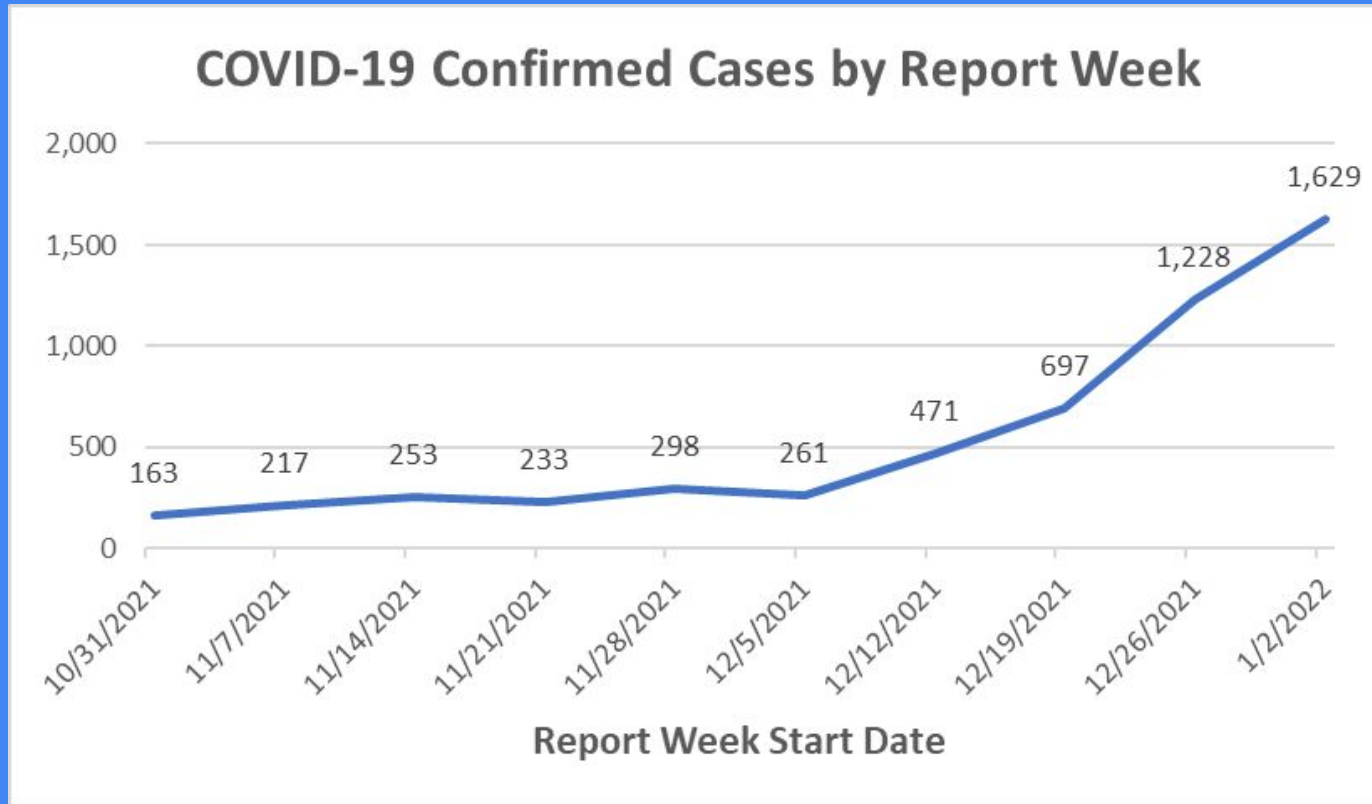
Positivity rate 27.5%

325 deaths (+9 deaths since last week's report)

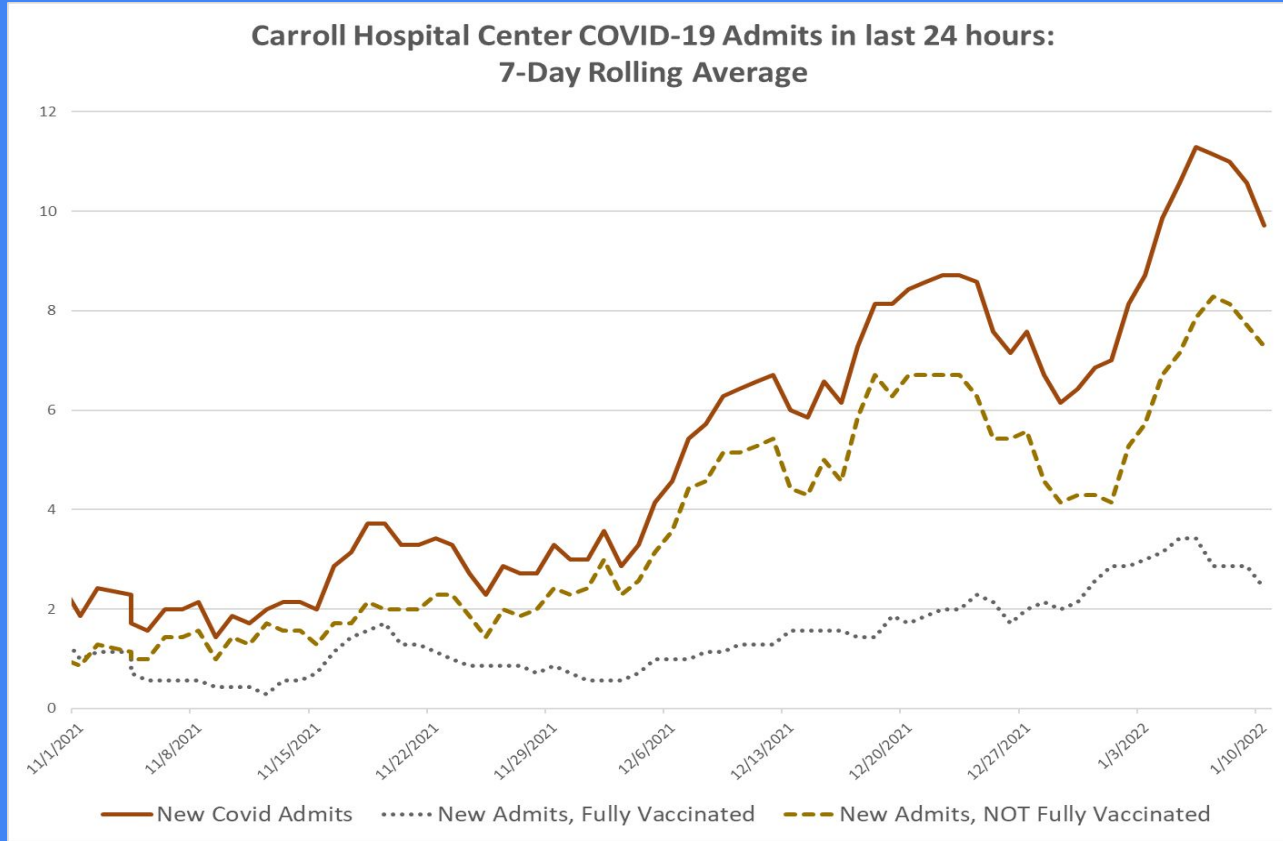
***Deaths and death reports lag cases.**

Highest one-day Carroll County case total ever: 343 cases (Saturday, Jan 8)

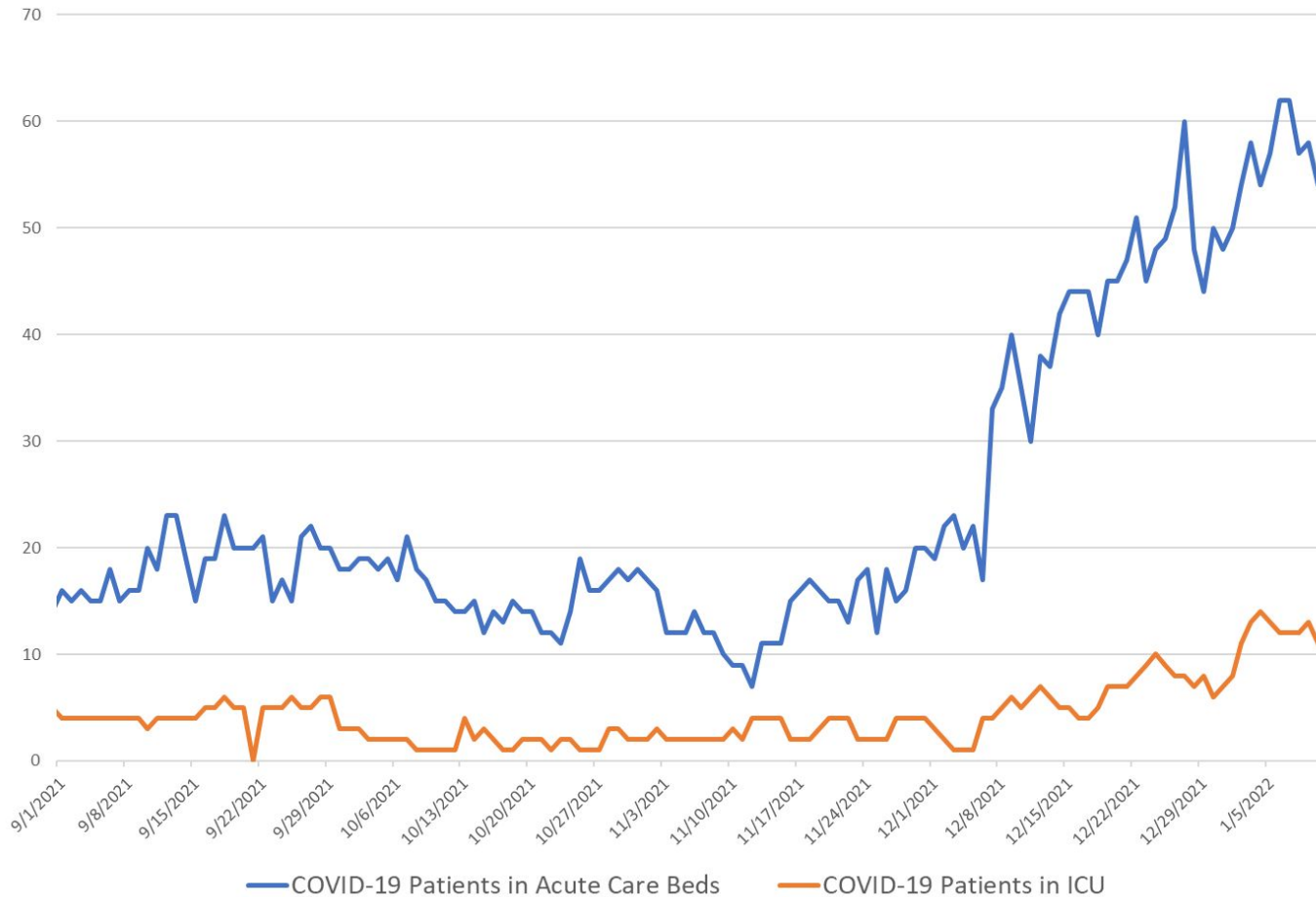
COVID Cases by Week (Carroll County data from the state)



Carroll Hospital COVID Case Data

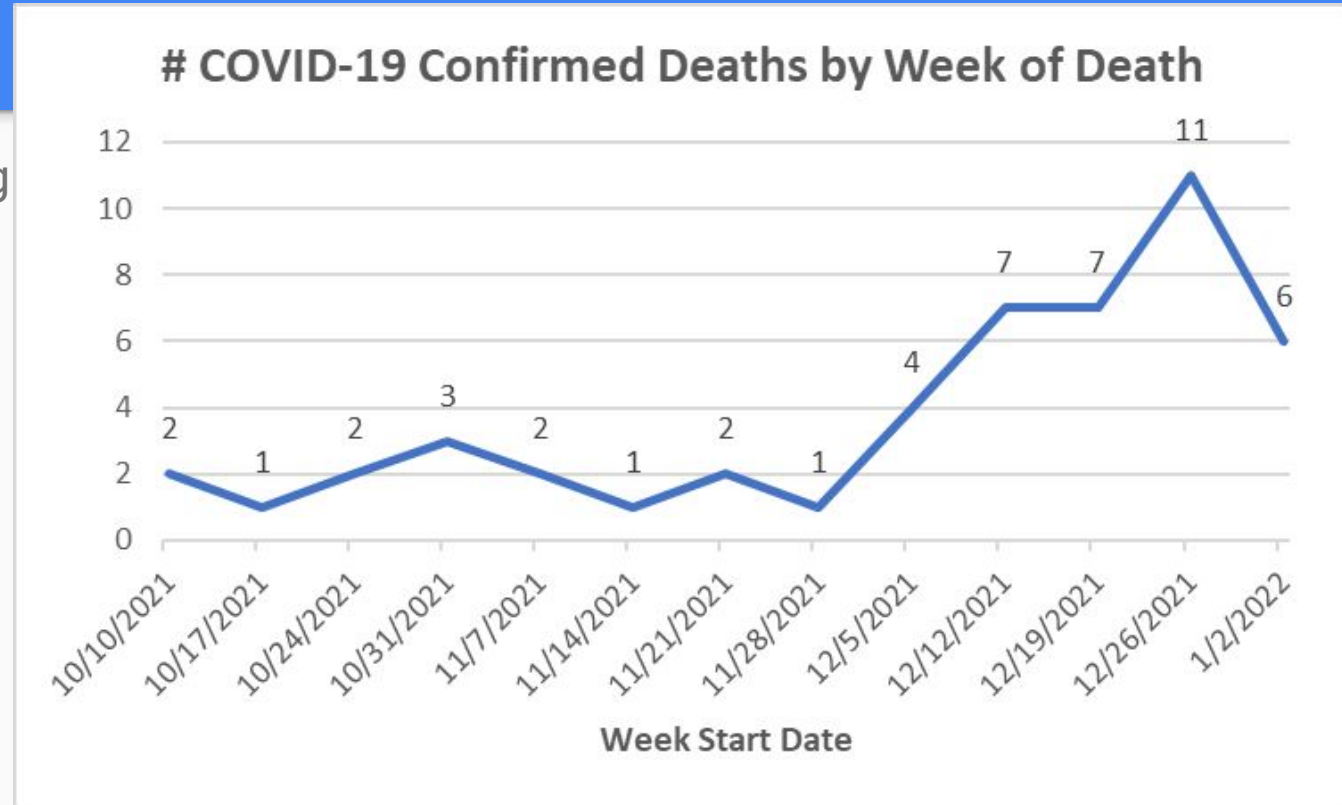


ICU and Acute Beds for COVID-19: Carroll Hospital Center



COVID-19 Deaths

- Still having reporting issues, recent numbers are likely incomplete



Vaccinations

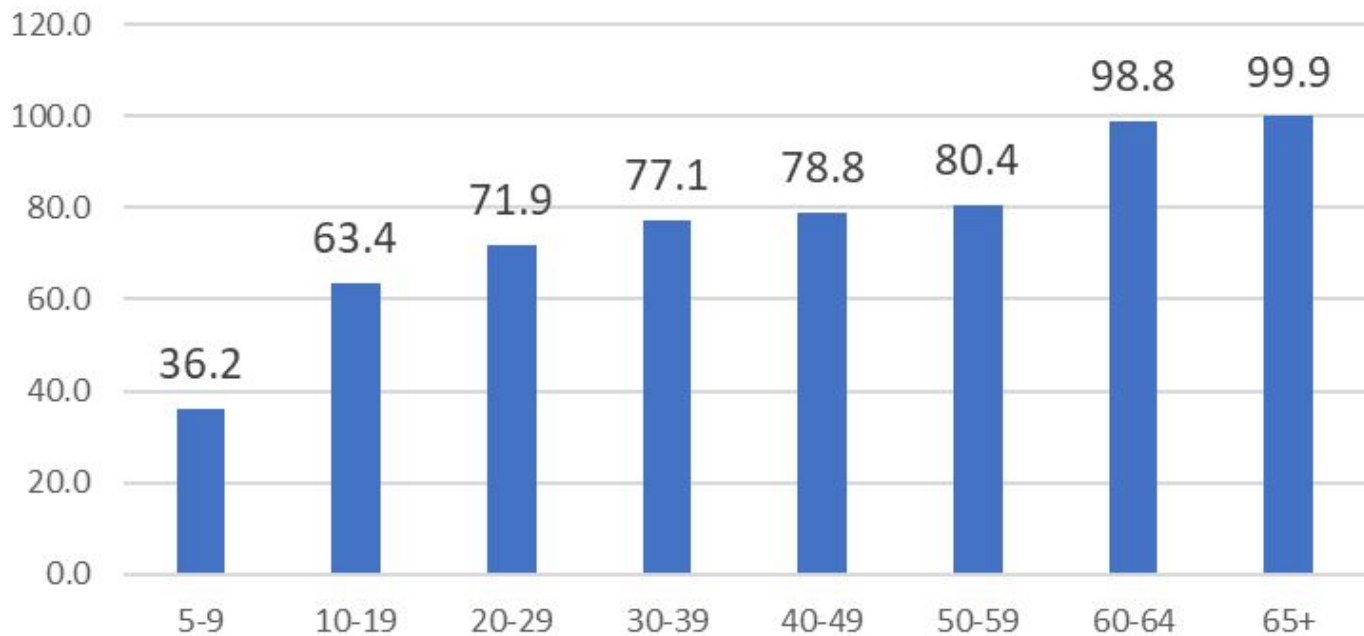
Total CCHD dose data (62,125 total doses)

- 29,554 1st doses
- 27,904 2nd doses
- 766 single doses
- 3,901 additional doses

Of entire Carroll County population (all ages):

- 75.3% have had at least 1 dose
- 69.9% are fully vaccinated
- 32.7% are boosted

% Population Vaccinated (at least one dose) by Age Group



Vaccination

- Clinics now at Carroll Community College in K100
- Register at cchd.maryland.gov/registration-links/
- Boosters are now recommended for everyone ages 12+, 5 months after Pfizer or Moderna, and 2 months after Johnson and Johnson.
- Booster shots remind the body's immune system about the virus it needs to defend against, giving it a "boost".
- Data show that COVID-19 boosters help broaden and strengthen protection against Omicron and other SARS-CoV-2 variants and prevent serious illness and death.
- Vaccinations are also available at most pharmacies and some doctor's offices.

Testing

The Health Department is offering PCR testing **by appointment only** for people who have been exposed to or have symptoms of COVID-19.

- **If you have been exposed but do not have symptoms, please get tested 5 days after your exposure.** If you get tested sooner than this, you may get a false negative.
- Get tested right away if you have symptoms.
- Please do not go to the hospital or emergency department to get tested.
- Testing guidance may change as we learn more about the Omicron variant.

Testing is currently available at the Ag Center on Tuesdays and Thursdays from 9 am-1 pm **BY APPOINTMENT ONLY.**

Many pharmacies and urgent cares offer testing. Visit coronavirus.maryland.gov and click “testing”

For updated information, visit cchd.maryland.gov/covidtesting/

At-home test kits

- Limited free at-home test kits are being distributed through library branches
- For people who were exposed to COVID-19 or who have symptoms
- Not for work, travel, or medical procedures
- Also available at many pharmacies, but currently in short supply
- Register Tuesdays at 9 am, pick up on Wednesdays
- Health Dept is working to get more test kits
- New portal to report at-home test results is now available on our website:
<https://cchd.maryland.gov/at-home-test-kits/>

New Isolation and Quarantine Guidance - Isolation

The CDC updated isolation and quarantine guidance for the general public. The guidance applies to schools but additional guidance also applies.

Isolation - when you are ill or test positive:

- Stay home for at least 5 days and isolate from others (Day 1 is first full day after symptoms started or specimen is collected)
- You can end isolation after a full 5 days IF you did not have symptoms or you are fever-free for 24 hours without medication and your symptoms are significantly improved.
- Take precautions until day 10:
 - Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.
 - Avoid travel
 - Avoid being around people who are at high risk

New Isolation and Quarantine Guidance - Quarantine

Quarantine - when you are a close contact of someone with COVID-19:

If you are not up to date on your COVID vaccinations:

1. Stay home for at least 5 days and away from others (Day 1 is first full day after symptoms started or specimen is collected)
2. Get tested after at least 5 days.
3. Watch for symptoms for at least 10 days. Isolate if you have symptoms or test positive.
4. Take precautions until day 10:
 - Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.
 - Avoid travel.
 - Avoid being around people who are at high risk.

If you are up to date on your COVID vaccinations (vaccinated, boosted if recommended) you do not need to stay home and away from others, but follow 2-4 above.

Who has to quarantine and who does not

If you came into close contact with someone with COVID-19, you do not need to quarantine if:

- You are ages 18 or older and have received all [recommended vaccine doses](#), including [boosters](#) and [additional primary shots](#) for some immunocompromised people.
- You are ages 5-17 years and completed the [primary series](#) of COVID-19 vaccines.
- You had confirmed COVID-19 within the last 90 days (you tested positive using a [viral test](#)).

If you come into close contact with someone with COVID-19, you should quarantine if :

- You are ages 18 or older and completed the [primary series](#) of recommended vaccine, but have not received a [recommended](#) booster shot when eligible.
- You received the single-dose Johnson & Johnson vaccine (completing the primary series) over 2 months ago and have not received a [recommended](#) booster shot.
- You are not vaccinated or have not completed a [primary vaccine series](#).

Why the guidance was updated

In just a few weeks, Omicron has become the dominant virus strain and is causing very high case rates.

Early data suggest that Omicron is up to three times more infectious than Delta and that some people who get COVID-19 can still be infectious after day 5.

With the new shorter isolation and quarantine periods, it is critical that people continue to take extra precautions for at least 5 more days after the end of isolation or quarantine:

- Wearing well-fitting masks in public and around others at home
- Distancing
- Improving ventilation
- Testing when symptomatic or exposed (day 5 or later) or before visiting people at higher risk

School guidance

Additional guidance for people returning to school after isolation or quarantine:

CDC: CDC continues to recommend indoor masking in K-12 schools for all individuals ages 2 years and older, including students, teachers, staff, and visitors, regardless of vaccination status. The school should ensure that there is a plan for people returning from quarantine or isolation to stay masked at all times indoors until 10 full days after their last close contact to someone with COVID-19. During times in the school day when students or staff members may typically remove masks indoors (such as during lunches, snacks, band practice, etc.), have a plan for them to adequately distance from others and ensure they wear their masks when not actively participating in these activities (such as when they are not actively eating).

MDH/MSDE: *NOTE: For people who are returning either from isolation (after a positive COVID-19 test) or quarantine (after exposure), the recommendation is that masks may be removed only when eating and during naptime. Unmasked time should be minimized and physical distancing and ventilation maximized during these times. People should not be participating in any other activities unmasked.