



# Quarantine and Isolation for Public Health

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# Disease Containment Strategies

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- Practicing good personal hygiene/hand washing
  - Vaccination – optimal way to contain/control
  - Antivirals – prevention or treatment
  - Disposable masks/personal protective equipment
  - Restrictions on mass gatherings
  - Social Distancing – at home, work, school, in the community
  - Quarantine
  - Isolation
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# Definitions

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- Isolation: Confinement of a person who has or is suspected of having a communicable disease in order to prevent that person from exposing others to the disease
  - Quarantine: Confinement of a person who has been exposed to a communicable disease in order to prevent that person from exposing others should they become ill
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# Principles of Isolation and Quarantine

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- Containment measures, including quarantine, are effective even if compliance is less than 100%
  - Quarantine may take various forms such as home quarantine, work quarantine, facility quarantine – depending on disease and level of cooperation
  - Strict enforcement is not always needed – in most cases, can rely on voluntary cooperation
  - In the event voluntary measures are not successful, it may be necessary to implement mandatory measures but only as a last resort
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# What is a Quarantinable Disease?

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- “Quarantinable disease” means any communicable disease which presents a risk of serious harm to public health and which may require isolation or quarantine to prevent its spread. Examples include, but are not limited to:
    - Cholera; diphtheria; infectious tuberculosis; plague; smallpox; yellow fever; viral hemorrhagic fevers, including Lassa, Marburg, Ebola, Crimean-Congo, South American, severe acute respiratory syndrome (SARS) and others not yet isolated or named.
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# AREA QUARANTINE

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- Prohibits ingress and egress to and from a building, structure or structures or other definable physical locations, or portions thereof
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# VOLUNTARY CONFINEMENT

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- Local Board may request individual or group of individuals voluntarily confine themselves to home or other facility
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# Support for Persons in Isolation or Quarantine or Voluntary Confinement

- If a person is at home, can the person's family take care of him or her? Will the family be allowed to go out?
- Procedures need to be in place to provide food, prescriptions, telephone service, and security if these are needed

# EMPLOYEE PROTECTIONS

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- Iowa law now provides that employers may not discharge an employee or take adverse employment action against an employee due to compliance with a quarantine or isolation order issued by the department or local Board. (Iowa Code section 139A.13A)
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# Possible negative consequences of Isolation or Quarantine

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- A person's medical confidentiality may be violated and their civil liberties affected
  - A person may feel stigmatized
  - A person may be resentful towards public health, medical care, public safety
  - If done frivolously, can erode trust in public health - people may choose to not seek medical care
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# Isolation Orders

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Isolation orders are issued periodically for one disease in Iowa. Which disease is it?

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# Quarantine and Isolation Require Local and State Partnerships

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- Local health departments usually work with the IDPH to decide on need for and details of isolation or quarantine.
  - The board of health will need to issue a quarantine or isolation order.
  - Law enforcement may be needed to enforce quarantine or isolation.
  - More than one county may be involved
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# Law Enforcement Issues

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- COMMUNICATION

- EDUCATION

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# Laws and Authorities for Quarantine or Isolation Put in Place?

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- The law on quarantine and isolation is found in Section 139A of the Code of Iowa.
  - Most procedures are outlined in the Iowa Administrative Code, 641-1.9, Chapters 1 through 10.
  - New model rules are found in Iowa Administrative Code, 641- 1.12
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# Role of the Local Board of Health

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- The board of health may adopt emergency rules and issue orders as necessary to establish, maintain and enforce isolation or quarantine.
  - The rules and orders must be consistent with the Iowa Administrative Code.
  - The model rules would be a recommended starting point for local rules.
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# Isolation or Quarantine through a Written Order

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- The identity of the individual
  - The premises
  - The date and time the isolation or quarantine starts
  - The disease
  - Description of less restrictive alternatives that were attempted or considered
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# Isolation or Quarantine through a Written Order, Continued

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- A statement of compliance with the conditions and principles for isolation and quarantine
  - The legal authority
  - The medical basis
  - Rights of appeal
  - A copy of the rules
  - A copy of the written order needs to be delivered within 24 hours of issuance of the order
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# Iowa Measles Outbreak, 2004

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# Why Was Quarantine Used in This Instance?

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- Measles is contagious before illness is apparent
  - The disease can have serious consequences such as encephalitis
  - The exposed people were felt to be more likely to violate voluntary quarantine since they were young people whose families had refused immunization
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# Materials Given to People under Quarantine

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- Copy of the quarantine order
  - Copy of the Iowa Administrative Code
  - Copy of facts about the disease
  - An information sheet about the person's rights and how to get further information
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# Serving the Order

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- A visit was arranged with the family to present the order, have documents signed, explain procedures and post the Quarantine sign
  - If the order could not be served, law enforcements accompanied the public health worker to the home to serve the order
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# Provisions for Ensuring Quarantine Order Was Followed

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- A procedure was set up to make sure that the person remained in the home:
    - a public health worker telephoned twice daily
    - if the person could not be reached, a home visit was made
      - if necessary law enforcement assisted
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# Ending of Quarantine

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- The period of quarantine was written in the quarantine order
  - At the end of the time period, the person received written confirmation that quarantine was over
  - Serologic evidence of immunity was also used for release from quarantine
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