Quarantine and Isolation for Public Health
Disease Containment Strategies

- 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
Definitions

- **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.
Principles of Isolation and Quarantine

- 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.
What is a Quarantinable Disease?

“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.
AREA QUARANTINE

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

- Local Board may request individual or group of individuals voluntarily confine themselves to home or other facility
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.
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)
Possible negative consequences of Isolation or Quarantine

- 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
Isolation Orders

Isolation orders are issued periodically for one disease in Iowa. Which disease is it?
Quarantine and Isolation Require Local and State Partnerships

- 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.
Law Enforcement Issues

- COMMUNICATION
- EDUCATION
Laws and Authorities for Quarantine or Isolation Put in Place?

- 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
Role of the Local Board of Health

- 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.
Isolation or Quarantine through a Written Order

- 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
Isolation or Quarantine through a Written Order, Continued

- 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
Iowa Measles Outbreak, 2004
Why Was Quarantine Used in This Instance?

- 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.
Materials Given to People under Quarantine

- 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
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.
Provisions for Ensuring Quarantine Order Was Followed

- 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
Ending of Quarantine

- 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