



**New Jersey Department of Health Monitoring and Movement Guidance
for Managing Returning Travelers and/or Contacts of Confirmed
Cases of Novel Coronavirus (2019-nCoV)
Updated February 11, 2020**

Background

Much is unknown about how 2019-nCoV, a new coronavirus, spreads. Current knowledge is largely based on what is known about similar coronaviruses. Coronaviruses are a large family of viruses that are common in many different species of animals, including camels, cattle, cats, and bats. Rarely, animal coronaviruses can infect people and then spread between people such as with SARS, MERS, and now with 2019-nCoV.

Most often, spread from person-to-person happens during close exposure to a person infected with 2019-nCoV. Person-to-person spread is thought to occur mainly via respiratory droplets produced when an infected person coughs, similar to how influenza viruses and other respiratory pathogens spread. These droplets can land in the mouths, noses, or eyes of people who are nearby or possibly be inhaled into the lungs. It is currently unclear if a person can get 2019-nCoV by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.

The New Jersey Department of Health is providing the following guidance for the management and movement of returning travelers or persons who may have come in contact with a confirmed case of 2019-nCoV. Recognizing that 2019-nCoV is now present in numerous countries worldwide, the guidance below references any contact with people who have confirmed diagnoses of 2019-nCoV, regardless of country. As of February 7, 2020 there have confirmed case of 2019-nCoV in 28 countries. These numbers change rapidly. For the most up-to-date information, please visit <https://www.cdc.gov/coronavirus/2019-ncov/locations-confirmed-cases.html>

Purpose

This guidance is being provided for individuals who have traveled to China in the last 14 days. And have arrived AFTER February 2, 2020 at 5pm in accordance with federal quarantine order and subsequent state quarantine order.

It applies to non-US based exposures and will not apply to exposures occurring in New Jersey if a case of 2019-nCoV is confirmed. Contact tracing guidance will be provided by NJDOH should these types of exposures occur.

The guidance outlined below will assist federal, state and local partners in determining 2019-nCoV exposure risk of returning travelers and which appropriate course of action to take in the management of those travelers.

Determination of Risk Category and Appropriate Public Health Action

Based on current CDC guidance¹, NJDOH has established the following exposure risk categories to help guide optimal public health management of people following potential 2019-nCoV exposure. These categories may not cover all potential exposure scenarios and should not replace an individual assessment of risk for the purpose of clinical decision making or individualized public health management. Any public health decisions that place restrictions on a person's or group's movements or impose specific monitoring requirements should be based on an assessment of risk for the person or group.

These risk levels apply to travel-associated and community settings. NJDOH will provide separate guidance for healthcare workers and healthcare settings based on forthcoming CDC guidance.

All exposures apply to the 14 days prior to assessment and recommendations apply until 14 days after the exposure event.

Exposure Risk Categories for Asymptomatic Individuals

NJDOH recommends the following risk-based stratification of **asymptomatic** travelers and corresponding actions associated with those risk levels. Guidance on how moving forward with monitoring procedures and any restriction of activity movement can be found here (insert operationalized guidance).

HIGH RISK EXPOSURE: Active monitoring and quarantine (at home or otherwise determined)

Asymptomatic Individuals who meet the following criteria to have high risk exposure and will require **daily active monitoring, quarantine and controlled travel**:

Category A: Living in the same household as, being an intimate partner of, or providing care in a nonhealthcare setting (such as a home) for a person with laboratory-confirmed 2019-nCoV infection without using recommended precautions for home care and home isolation.

¹ CDC Guidance on Interim US Guidance for Risk Assessment and Public Health Management of Persons with Potential 2019 Novel Coronavirus (2019-nCoV) Exposure in Travel-associated or Community Settings: <https://www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html>

Notes:

- The same risk assessment applies for the above-listed exposures to a person diagnosed clinically with 2019-nCoV infection outside of the United States who did not have laboratory testing.

Category B: Travel from Hubei Province, China

MEDIUM RISK EXPOSURE: Active monitoring (Category A) or Passive Monitoring (Category B), advise to stay home (social distancing), and postpone additional travel after destination is reached (Updated 2/11/20)

Asymptomatic Individuals who meet the following criteria in **Category A** are considered to have medium risk exposure and will require daily active monitoring but not quarantine. Asymptomatic Individuals who meet the following criteria in **Category B** are considered to have medium risk exposure and will require passive monitoring but not quarantine. **All individuals** should be advised to stay home from work or school, avoid congregate settings, limit public activity and practice social distancing. Travelers will be allowed to their final destination but should postpone additional travel.

Category A (Active Monitoring): Close contact¹ OR household contacts with a person with confirmed with 2019-nCoV, while the person was symptomatic with laboratory-confirmed 2019-nCoV and does not have any exposures that meet a high-risk definition.

This includes:

Living in the same household as, intimate partner of, or providing care in person in a nonhealthcare setting (such as a home) to a person with symptomatic laboratory-confirmed 2019-nCoV infection while consistently using recommended precautions for home care² and home isolation³.

OR

Travel on an aircraft within 6 feet of passenger with confirmed 2019-nCoV (roughly 2 seats in either direction).

Category B (Passive Monitoring): Travel from mainland China outside Hubei Province AND not having any exposures that meet a high-risk definition.

² Interim Guidance for Implementing Home Care of People Not Requiring Hospitalization for 2019 Novel Coronavirus (2019-nCoV) <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-home-care.html>

³ Interim guidance for persons who may have 2019 Novel Coronavirus (2019-nCoV) to prevent spread in homes and residential communities <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

LOW RISK EXPOSURE: No requirement for symptom monitoring but advise to practice self-observation for new signs and symptoms. No restriction on movement, public activity or travel advised.

Asymptomatic Individuals who meet the following criteria are considered to have low risk exposure and will not require daily active or passive symptom monitoring. Individuals should be advised to remain observant for signs or symptoms that may develop. No restrictions are needed for travel or activity.

Category A: Being in the same environment with a Symptomatic Confirmed Case (laboratory diagnosis) in past 14 days

This includes:

Being in the same classroom, hospital waiting room or similar for a prolonged time period

OR

Being on aircraft within 2 rows of passenger with confirmed 2019-nCoV (roughly 2 seats in either direction) BUT NOT within 6 feet

NO EXPOSURE RISK: No monitoring or change/restriction or activities required.

Asymptomatic individuals who meet the following criteria are considered to have no exposure risk and will not require daily active or passive symptom monitoring. No restrictions are needed for travel or activity.

Category A: Interactions with a Symptomatic Confirmed Case (laboratory diagnosis) in past 14 days but does not meet the high, medium, or low risk category.

This includes:

Walking by a person or briefly being in the same room

OR

All travelers with transient time in an airport in Mainland China but did not leave the airport (i.e. for a brief layover) before their next departure

Category B: Traveler with an exposure greater than 14 days from the onset of symptoms

Guidance for Symptomatic Returning Travelers or Individuals in the Community

Individuals with a designated level of risk as described above should be appropriately assessed for the development of symptoms compatible with 2019-nCoV infection. If these individuals become symptomatic, they should be managed in accordance with the guidance below and in accordance with their pre-determined level of risk.

INDIVIDUALS WITH SYMPTOMS AND HIGH RISK EXPOSURE

Symptomatic individuals with high risk exposures require immediate isolation and should receive a medical evaluation. Diagnostic testing for 2019-nCoV should be guided by CDC's Person Under Investigation (PUI) definition, however it is recommended for symptomatic people with a known high-risk exposure. If medical evaluation is needed, it should occur with pre-notification to the receiving HCF and EMS, if EMS transport indicated, and with all recommended infection control precautions in place. Controlled travel should be implemented, with local travel only allowed via medical transport or private vehicle while symptomatic person is wearing a face mask.

INDIVIDUALS WITH SYMPTOMS AND MEDIUM RISK EXPOSURE

Symptomatic individuals with medium risk exposures require immediate isolation. Medical evaluation and care should be guided by clinical presentation. Diagnostic testing for 2019-nCoV should be guided by CDC's PUI definition⁴. If medical evaluation is needed, it should occur with pre-notification to the receiving HCF and EMS, if EMS transport indicated, and with all recommended infection control precautions in place. Controlled travel should be implemented, with local travel only allowed via medical transport or private vehicle while symptomatic person is wearing a face mask.

INDIVIDUALS WITH SYMPTOMS AND LOW RISK EXPOSURE

Symptomatic individuals with low risk exposures should receive recommendations to avoid contact with others and public activities while symptomatic. Individuals should seek health advice to determine if medical evaluation is needed. Medical evaluation and care should be guided by clinical presentation. Diagnostic testing for 2019-nCoV should be guided by CDC's PUI definition⁴. Individuals should not travel on long-distance commercial conveyances or local public transportation while symptomatic

⁴ NJDOH Surveillance Criteria and Testing for 2019 Novel Coronavirus (2019-nCoV): https://www.nj.gov/health/cd/documents/topics/NCOV/Surveillance_Criteria_and_Testing_for_2019_nCoV.pdf
CDC PUI Guidance: <https://www.cdc.gov/coronavirus/2019-nCoV/hcp/clinical-criteria.html>

INDIVIDUALS WITH SYMPTOMS AND NO IDENTIFIABLE EXPOSURE RISK

Individuals who are symptomatic but have no identifiable exposure risk are not restricted in their movement, nor do they require isolation. They should seek routine medical care as needed for evaluation and management of their symptoms.

KEY DEFINITIONS

Symptoms of 2019-nCoV: Reported symptoms include fever and lower respiratory symptoms such as cough and shortness of breath.

Quarantine in general means the separation of a person or group of people reasonably believed to have been *exposed to a communicable disease but not yet symptomatic*, from others who have not been so exposed, to prevent the possible spread of the communicable disease.

Isolation means the separation of a person or group of people known or reasonably believed to be *infected with a communicable disease and potentially infectious* from those who are not infected to prevent spread of the communicable disease. Isolation for public health purposes may be voluntary or compelled by federal, state, or local public health order.

Active monitoring means contacting the individual daily to assess for symptoms and fever. Check-ins can be through daily phone calls, interactive voice response, internet reporting, or via Skype or other video conferencing, with possible follow-up home visits as needed.

Self (Passive) monitoring means the person being monitored assesses themselves for fever and symptoms daily and notifies designated authority if symptoms occur. Minimally passive monitoring should contact the individual at the beginning, middle (between days 5 and 7), and at the end of the 14-day period.

Self-observation means people should remain alert for subjective fever, cough, or difficulty breathing. If they feel feverish or develop cough or difficulty breathing during the self-observation period, they should take their temperature, limit contact with others, and seek health advice by telephone from a healthcare provider or their local health department to determine whether medical evaluation is needed.

Close Contact is defined as a) being within approximately 6 feet (2 meters) of a 2019-nCoV case for a prolonged period of time; close contact can occur while caring for, living with, visiting, or sharing a health care waiting area or room with a 2019-nCoV case, OR b) having direct contact with infectious secretions of a 2019-nCoV case (e.g., being coughed on)

Controlled travel involves exclusion from long-distance commercial conveyances (e.g., aircraft, ship, train, bus). For people subject to active monitoring, any long-distance travel should be

coordinated with public health authorities to ensure uninterrupted monitoring. Air travel is not allowed by commercial flight but may occur via approved noncommercial air transport. CDC may use public health orders or [federal public health travel restrictions](#) to enforce controlled travel. CDC also has the authority to issue travel permits to define the conditions of interstate travel within the United States for people under certain public health orders or if other conditions are met.

Social distancing means remaining out of public places where close contact with others may occur (e.g., shopping centers, movie theaters, stadiums), workplaces (unless the person works in an office space that allows distancing from others), schools and other classroom settings, and local public conveyances (e.g., bus, subway, taxi, ride share) for the duration of the potential incubation period unless presence in such locations is approved by the state or local health department.

Person Under Investigation Criteria

The criteria below are used to determine whether individuals meet PUI criteria and are appropriate for testing. The decision to assign a PUI criteria and pursue testing should only be done in consultation with local public health officials.

Clinical Features	&	Epidemiologic Risk
Fever or signs/symptoms of lower respiratory illness (e.g. cough or shortness of breath)	AND	Any person, including health care workers, who has had close contact with a laboratory-confirmed 2019-nCoV patient within 14 days of symptom onset
Fever and signs/symptoms of a lower respiratory illness (e.g., cough or shortness of breath)	AND	A history of travel from Hubei Province , China within 14 days of symptom onset
Fever and signs/symptoms of a lower respiratory illness (e.g., cough or shortness of breath) requiring hospitalization	AND	A history of travel from mainland China within 14 days of symptom onset

Resources

- NJDOH – General Information Page
 - <https://www.nj.gov/health/cd/topics/ncov.shtml>
- CDC – General Information Page
 - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- CDC – Home Isolation Guide
 - <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-home-care.html>
- NJDOH – Local Health Department Directory
 - www.localhealth.nj.gov

- CDC - Interim US Guidance for Risk Assessment and Public Health Management of Persons with Potential 2019 Novel Coronavirus (2019-nCoV) Exposure in Travel-associated or Community Settings
 - <https://www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html>
- CDC – Guidance for Homes and Residential Communities
 - https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fguidance-prevent-spread.html
- CDC – Interim 2019-nCoV Infection Control Guidance
 - <https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control.html>