

## Memorandum

To: Valued Healthcare Partners

From: Tere Koenig, MD, MBA  
Executive Vice President, Chief Medical Officer

Date: December 29, 2021

**Subject: Encouraging Adherence to New CDC Isolation and Quarantine Periods**

With the recent rise in COVID-19 cases, you are no doubt aware of the struggle facing Ohio's hospitals trying to transfer patients safely and quickly to post-acute care facilities when fitting. Recent updates to [isolation and quarantine guidelines for healthcare workers](#) issued by the Centers for Disease Control and Prevention (CDC) present an opportunity for you and your staffs to play a key role in this endeavor by getting back to work sooner and reducing patient isolation times as appropriate.

The new CDC guidance states that an asymptomatic, fully vaccinated (including a booster) healthcare worker who has been exposed to someone with a confirmed case of COVID-19 does NOT require a work restriction if they do NOT develop symptoms and do NOT test positive for COVID-19.

Healthcare workers with COVID-19 who are asymptomatic can return to work after 7 days with a negative test. That isolation time can be cut further if there are staffing shortages.

Additionally, the CDC released updated guidance for [contingency and crisis management](#) if there are significant healthcare worker shortages.

The updated CDC guidance referenced is for healthcare workers only. The CDC may, at any time, update this guidance as additional information becomes available.

Medical Mutual will continue to suspend SNF prior authorizations through Jan. 31, 2022, to help both our hospital and SNF partners in patient transfers and admissions.

Thank you for providing safe and effective care to our members during these difficult times.