



To: Skilled Nursing Facilities
From: IEHP – Provider Relations
Date: January 12, 2022
Subject: **UPDATE: CDC Quarantine Guidelines**

Inland Empire Health Plan (IEHP) would like to notify our Skilled Nursing Facility (SNF) partners **that effective December 27th, 2021, the Center for Disease Control and Prevention (CDC) has shortened the recommended time for COVID-19 isolation.**

Members, who have tested positive or have been exposed to COVID-19, should isolate for five (5) days AND whether asymptomatic OR their symptoms are resolving (without fever for 24 hours), continue with an additional five (5) days of mask wearing when around others, to minimize the risk of infecting people they encounter.

Everyone, regardless of vaccination status:

- Stay home for five (5) days
- If you have no symptoms or your symptoms are resolving after five (5) days, you can discontinue isolation, but continue to wear a mask for five (5) more days
- If symptoms develop or if symptoms have not ceased, try to re-test on day five (5) and remain in isolation until test results can confirm COVID status
- If a fever continues, isolate until fever resolves
- IEHP will approve Level 3 for isolation x 10 days for Members who have been exposed to COVID-19. Please provide MD order for isolation.
- IEHP will approve COVID rate x 10 days for Members who tested COVID positive. Please provide MD order for isolation and positive test results.

To view revised CDC guidelines, visit:

<https://www.cdc.gov/media/releases/2021/s1227-isolation-quarantine-guidance.html>

For Members who require an extended isolation stay, IEHP will require nursing notes, vital signs, and COVID lab results for medical justification.

Please note, IEHP requires an order for all level of care changes before an authorization can be provided. This includes, but not limited to, skilled to custodial authorization requests and custodial to skilled.

As a reminder, all communications sent by IEHP can also be found on our Provider portal at: www.iehp.org > For Providers > Plan Updates > Correspondence

If you have any questions, please do not hesitate to contact the IEHP Provider Relations Team at (909) 890-2054.