



*Larry Hogan, Governor · Boyd K. Rutherford, Lt. Governor · Robert R. Neall, Secretary*

August 6, 2020

Dear Colleagues:

We are writing to share updated COVID-19 information, including several COVID-19-related clinical studies, for which we are currently recruiting participants.

### **Clinical Studies**

As you know, clinical studies and research are crucial to our understanding of and fight against this disease, and it is important that we find volunteers to participate. Please assist us in sharing the opportunity to participate in these studies with patients who may be interested and eligible to participate; some of these studies are time sensitive in that they need to enroll participants who were recently exposed to COVID.

We have attached a list of current studies and eligibility requirements and also brochures and fliers on the studies with more details and appreciate any assistance you can provide in promoting participation in important clinical research.

### **Changes in CDC Guidance – Criteria for Release From Isolation**

Generally a test-based strategy is no longer recommended to determine when to discontinue isolation or when someone can return to work, except in certain circumstances. For most persons with COVID-19 illness, isolation and precautions can generally be discontinued 10 days after symptom onset and resolution of fever for at least 24 hours without the use of fever-reducing medications and with improvement of other symptoms. For persons who never develop symptoms, isolation and other precautions can be discontinued 10 days after the date of their first positive test for SARS-CoV-2 RNA.

**Retesting persons with prior positive tests for SARS-CoV-2 RNA:** Retesting persons who have completed the recommended isolation period and remain asymptomatic during the following 90 days is generally not recommended since they might remain positive during this period without being reinfected. If such a person becomes symptomatic and evaluation fails to identify an alternative diagnosis, the person may warrant evaluation for SARS-CoV-2 reinfection. Isolation might be warranted during this evaluation, particularly if symptoms develop after close contact with an infected person.

For more information about these recommendations go to  
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html>

**Secretary's Order – OUT OF STATE TRAVEL AND PUBLIC HEALTH ADVISORY (July 29, 2020)**

In the Secretary of Health's Order dated July 29, 2020 (attached), the Maryland Department of Health strongly recommends that all Marylanders refrain from non-essential travel outside of Maryland, and that any Marylander who travels to a state with a COVID-19 test positivity rate above 10% should be tested and self-quarantine at home until the test result is received. The District of Columbia and the Commonwealth of Virginia are exempt from this recommendation.

**CovidLINK/Contact Tracing**

CovidLINK, Maryland's contact tracing system, is a critical part of how Maryland is responding to the COVID-19 pandemic. Please encourage patients diagnosed with COVID-19 to answer or return any calls from "MD COVID" or (240) 466-4488, and to identify all close contacts so that they can be notified about their possible exposure.

Thank you for your support in our community-wide efforts to keep Marylanders healthy.

Sincerely,



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