

COVID 19: WHEN TO DISCONTINUE HOME ISOLATION

SYMPTOMATIC PATIENTS who have a COVID test result pending may discontinue home isolation after these three things have happened:

1. You have had no fever for at least 72 hours (that is three full days of no fever **without** the use of medicine that reduces fevers)
AND
2. Other symptoms have improved (for example, when your cough or shortness of breath have improved)
AND
3. At least **10 days** have passed since your symptoms first appeared.

If symptomatic patient tests **POSITIVE**, the above criteria must be met.

If symptomatic patient tests **NEGATIVE**, the person can stop isolation once afebrile for 24 hours and other symptoms significantly improve.

ASYMPTOMATIC PATIENTS who have a **POSITIVE COVID test** may discontinue home isolation after these two things have happened:

1. At least 10 days have passed since the date of your first positive test
AND
2. You continue to have no symptoms (no cough or shortness of breath) since the test

ASYMPTOMATIC PATIENTS who had a contact with laboratory confirmed COVID-19 person

- You are eligible for testing. Please call your local testing site.
- If you are not tested, it is recommended that you continue to isolate and monitor for **14 days** after your last contact with COVID positive person.
- As stated above, if you are tested and test **positive**, you may discontinue home isolation after at least 10 days have passed since the date of your first positive test AND continue to have no symptoms (no cough or shortness of breath) since the test.

Note: if you develop symptoms, call your provider or local testing site and follow guidance above for people with COVID19 symptoms.

TESTING GUIDELINES FOR PATIENTS WITH HISTORY OF RECOVERY FROM COVID-19

If a patient has recovered from PCR-confirmed COVID-19 and it is within 3 months after the initial COVID-19 illness (or date of first positive PCR test if they never had symptoms).

- **If you remain asymptomatic**
 - You do NOT need to be re-tested (with PCR or antigen tests)
 - You do NOT need to be re-tested and do NOT need to quarantine if they have a new close contact with a COVID+ person
- **If you develop NEW symptoms consistent with COVID-19**
 - You warrant re-testing if alternative etiology cannot be identified by provider
 - Providers should always use their clinical judgment and consider exceptions

Because PCR tests can remain positive long after an individual is no longer infectious, proof of a negative test should not be required prior to returning to the workplace after documented COVID-19 infection

***In all cases, **follow the guidance of your doctor and local health department.** The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments.*

*** If a patient is severely immunocompromised or has history of severe illness, then isolation for 20 days since symptom onset or positive test (for asymptomatic exposures) is recommended. Please see CDC Guidance and definitions <https://www.cdc.gov/coronavirus/2019-ncov/hcp/return-to-work.html>*
[CDC Guidance](#)