



Discontinuation of Isolation for Persons with COVID-19 (Not in Healthcare)

ISOLATION -For people who are ill.

- Separates people who have a very contagious disease from those who are healthy.
- Restricts the movement of people who have contagious disease to stop the spread of illness.

The decision to discontinue isolation should be made in the context of local circumstances.

Options now include:

- Symptom-based (time-since-illness-onset and time since-recovery strategy).
- A test-based strategy.

Symptom -based Strategy

Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions:

- At least 1 day (24 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications **and**
- Improvement in respiratory symptoms (e.g., cough, shortness of breath); **and**
- At least 10 days have passed since symptoms first appeared.

Test-based strategy

Persons who have COVID-19 who have symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions:

- Resolution of fever without the use of fever-reducing medications **and**
- Improvement in respiratory symptoms (e.g., cough, shortness of breath) without the use of medications.

Persons with laboratory-confirmed COVID-19 who have not had any symptoms may discontinue isolation when:

- At least 10 days have passed since the date of their first positive COVID-19 diagnostic test **and**
- Have had no subsequent illness provided they remain asymptomatic.
- For 1 day (24 hrs) following discontinuation of isolation, these persons should continue to limit contact (stay 6 feet away from others) and limit potential of dispersal of respiratory secretions by:
 - Wearing a covering for their nose and mouth whenever they are in settings where other persons are present.
 - In community settings, this covering may be a barrier mask, such as a bandana, scarf, or cloth mask. The covering does not refer to a medical mask or respirator.