

### Options now include:

- **time-since-illness-onset and**
- **time-since-recovery (non-test-based) strategy**
- **test-based strategy.**

## Time-since-illness-onset and Time-since-recovery (non-test-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:

1. At least three days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications,
2. Improvement in respiratory symptoms (e.g., cough or shortness of breath),
3. At least seven days have passed since symptoms first appeared.

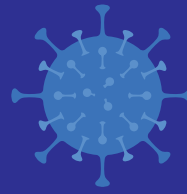


\*Note that recommendations for discontinuing isolation in persons known to be infected with COVID-19 could, in some circumstances, appear to conflict with recommendations on when to discontinue quarantine for persons known to have been exposed to COVID-19. CDC recommends 14 days of quarantine after exposure based on the time it takes to develop illness if infected. Thus, it is possible that a person known to be infected could leave isolation earlier than a person who is quarantined because of the possibility they are infected.



## CDC Guidance for Discontinuing Isolation Following a COVID-19 Diagnosis

**The decision to  
discontinue  
isolation\*  
should be made in  
the context of local  
circumstances!**



## Test-based Strategy

Previous recommendations for a test-based strategy remain applicable; however, **a test-based strategy is contingent on the availability of ample testing supplies and laboratory capacity as well as convenient access to testing.** For jurisdictions that choose to use a test-based strategy, the recommended protocol has been simplified so that only one swab is needed at every sampling.

### Individuals Who Have COVID-19 and Symptoms

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 or shortness of breath), and
- Negative results of an FDA Emergency Use Authorized molecular assay for COVID-19 from at least two consecutive nasopharyngeal swab specimens collected  $\geq 24$  hours apart\*\*\* (total of two negative specimens).

### Individuals Who Have COVID-19 Without Symptoms

Persons with laboratory-confirmed COVID-19 who have not had any symptoms may discontinue isolation **when at least seven 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 three days following discontinuation of isolation, these persons should continue to limit contact (stay 6 feet away from others) and limit the 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.

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