

## Coronavirus Disease 2019 (COVID-19)

# Centers for Disease Control and Prevention (CDC) Criteria for Ending Isolation for people who have tested positive for COVID-19

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**For people who tested positive and had symptoms of COVID-19:** Remain in isolation until either:

### Symptom-based strategy

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

### Test-based strategy – to be used in rare situations determined by a healthcare provider

- Resolution of fever without the use of fever-reducing medications **and**
- Improvement in respiratory symptoms (e.g., cough, shortness of breath), **and**
- Negative results of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected  $\geq 24$  hours apart (total of two negative specimens).

**For people who tested positive and had NO symptoms of COVID-19:** Remain in isolation until either:

### Time-based strategy

- 10 days have passed since the date of their first positive COVID-19 diagnostic test, assuming they have not subsequently developed symptoms since their positive test.

### Test-based strategy – to be used in rare situations determined by a healthcare provider

- Negative results of a COVID-19 PCR viral test from at least two consecutive respiratory specimens collected  $\geq 24$  hours apart (total of two negative specimens).

### **Kent County Health Department (KCHD) Recommendations:**

Given the current accessibility to testing, KCHD strongly recommends the symptom or time-based strategies over the test-based strategy. Hospitals will determine their preferred strategies for ending isolation for hospitalized patients. If an individual has a severely weakened immune system and could have a prolonged recovery, the test-based strategy will be determined by a healthcare provider on a case by case basis.

There have been reports of prolonged detection of virus particles for up to 3 months. Detecting virus particles does not necessarily mean that infectious virus is present. There have been no reports to date of reinfection with COVID-19.

### References:

CDC Discontinuation of Isolation for Persons with COVID -19 Not in Healthcare Settings

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>

CDC Criteria for Return to Work for Healthcare Personnel with Suspected or Confirmed COVID-19 (Interim Guidance)

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/return-to-work.html>