

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

Version Date July 31, 2020

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 ≥ 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 ≥ 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>