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From: Southeastern Idaho Public Health  
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Subject: Discontinuation of Isolation or Precautions for People Who Test Positive for SARS-CoV-2 by PCR: Test-based Strategy No Longer Recommended; Time after Resolution of Fever Shortened.  
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Idaho Health Alert Network: Update July 28,2020

Discontinuation of Isolation or Precautions for People Who Test Positive for SARS-CoV-2 by PCR:  
**Test-based Strategy No Longer Recommended; Time after Resolution of Fever Shortened.**

Based on the best information available as of mid-July 2020, the Centers for Disease Control and Prevention (CDC) has updated recommendations for discontinuation of isolation or precautions for people who have a positive **PCR test** for SARS-CoV-2. Key changes include: shortening of the time after resolution of fever before discontinuation of isolation or precautions; removal of recommendations for a test-based strategy except for certain circumstances; and recommendation to not retest individuals who have recovered from COVID-19 and remain asymptomatic during the 3 months following symptom onset.

1. **Duration of isolation and precautions**

- o Most patients with COVID-19 illness: isolation and precautions can be discontinued 10 days *after symptom onset* (including non-respiratory symptoms) and resolution of fever **for at least 24 hours**, without the use of fever-reducing medications, and with improvement of other symptoms.
- o Patients with **severe illness**: extending duration of isolation and precautions for **up to 20 days** after symptom onset may be warranted and is recommended for healthcare workers with severe to critical illness or healthcare workers who are severely immunocompromised and were **not** asymptomatic throughout infection.
- o Individuals who never develop symptoms: isolation and other precautions can be discontinued 10 days *after the collection date of their first positive RT-PCR test result for SARS-CoV-2 RNA*.

2. **Use of PCR testing to discontinue isolation or precautions**

- o Most patients: a test-based strategy is **no longer recommended**. A test-based strategy may be considered for some healthcare workers (see <https://www.cdc.gov/coronavirus/2019-ncov/hcp/return-to-work.html>).
- o Severely immunocompromised patients: a test-based strategy could be considered in consultation with infectious disease experts

3. **Use of PCR testing after discontinuation of isolation or precautions**

- o Individuals who were previously symptomatic with COVID-19 who, after recovery, remain asymptomatic:
  - Retesting is not recommended **within 3 months after the date of symptom onset for the initial COVID-19 case**
  - **During these 3 months, isolation is not recommended in the event of close contact** with a SARS-CoV-2 infected individual
- o Individuals who develop new symptoms consistent with COVID-19 during the **3 months** after the date of initial symptom onset:
  - If an alternative etiology cannot be identified, retesting for SARS-CoV-2 may be warranted.
  - Isolation may be considered during this evaluation especially if symptoms develop within 14 days after close contact with an infected person.
- o Individuals who never developed symptoms: the date of first positive RT-PCR test for SARS-CoV-2 RNA should be used in place of the date of symptom onset.

For more information, see <https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html>.