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Release from Isolation and Quarantine Guidance for Southeastern Idaho Healthcare Providers.

Based on the best information available as of mid-July 2020, the Centers for Disease Control and Prevention has updated recommendations for discontinuation of isolation or precautions in people who have a positive PCR test for SARS-CoV-2. Recommendations for quarantine and discontinuation of isolation precautions and home isolation, based on a person's symptoms and clinical testing are below. For people that previously tested positive for SARS-CoV-2 who remain asymptomatic after recovery, retesting is not recommended within 3 months after the date of symptom onset for the initial COVID-19 infection.

1. **If a person is symptomatic and awaiting* COVID-19 test results:**
 - o Stay home away from others or under isolation precautions until results are available. If results are delayed, follow guidance for symptomatic and tested positive for COVID-19. Once results are available, follow the recommendations below based on results.
2. **If a person is symptomatic and tested positive for COVID-19, stay home away from others or under isolation precautions until:**
 - o For most patients, at least 10 days have passed since symptoms first appeared (including non-respiratory symptoms); **AND**
 - o At least 24 hours have passed since last fever without the use of medicine that reduces fevers; **AND**
 - o Other symptoms have improved.

 - 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.
2. **If a person had close contact** to a known COVID-19 case, is symptomatic and has not been tested* for COVID-19, stay home away from others or under isolation precautions until:**
 - o At least 10 days have passed since symptoms first appeared; **AND**

- At least 24 hours have passed since last fever without the use of medicine that reduces fevers; AND
 - Other symptoms have improved.
3. **If a person is asymptomatic and tested positive for COVID-19 by PCR testing, stay home away from others or under isolation precautions until:**
- At least 10 days have passed since specimen collection of the first positive COVID-19 PCR testing while asymptomatic. If symptoms develop, follow guidance for symptomatic and tested positive for COVID-19.
4. **If a person was previously symptomatic and tested positive for COVID-19 by PCR, recovered, and has developed 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.
5. **If a person was previously symptomatic and tested positive for COVID-19 by PCR, recovered, and remains asymptomatic during the 3 months after the date of initial symptom onset:**
- Retesting is not recommended within 3 months after the date of symptom onset for the initial COVID-19 infection
 - Isolation is not recommended in the event of close contact** with a SARS-CoV-2 infected individual.

For more information, see <https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html> and https://coronavirus.idaho.gov/wp-content/uploads/2020/07/Interim-Guidance-for-Isolation-for-COVID-19_19july2020.pdf

*A person who had known close contact** with a confirmed COVID-19 case should quarantine for 14 days from their last exposure to the case regardless of negative tests results or illness where no testing was performed. However, if they test positive for COVID-19 by PCR or antigen testing, they should follow the relevant isolation guidance. For a person previously diagnosed with COVID-19 who recovered from laboratory-confirmed infection and has met criteria to end isolation and remains asymptomatic, quarantine is not recommended in the event of close contact with an infected person within 3 months of symptom onset of their initial illness or since specimen collection (if asymptomatic) of the first positive COVID-19 PCR/antigen test. However, if a person is identified as a contact of a new case 3 months or more after symptom onset or since specimen collection (if asymptomatic) of the first positive COVID-19 PCR/antigen test, they should follow quarantine recommendations for contacts.

**Someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.