

[Discontinuation of Home Isolation for Persons with Covid-19](#) and Suspected Covid-19

(Interim Guidance, ver1.0, 3/18/2020)

CDC provided updated guidance concerning home isolation for persons with covid-19 on 3/16/2020. The updated guidance provides two options for discontinuation of home isolation: a non-test-based strategy and a test-based strategy.

- The **test-based strategy** is largely unchanged (two negative swabs at least 24 hours apart, resolution of fever without the use of fever-reducing medications, and improvement in respiratory symptoms).
- The **non-test-strategy*** is new and can be applied to anyone who does not work in [healthcare](#), who is not [hospitalized](#) and who is not [immunocompromised](#) (there is separate guidance for this group). It should be applied to people who test positive for covid-19 **and** anyone who is clinically diagnosed with covid-19 and not tested.
 - **Symptomatic persons with covid-19 (lab-confirmed or clinically diagnosed) who are in home isolation may discontinue home isolation under the following conditions:**
 - At least 3 days (72 hours) have passed *since recovery* (defined as resolution of fever without the use of fever-reducing medications **AND** improvement in respiratory symptoms – e.g., cough, shortness of breath) **AND**
 - At least seven days have passed since symptoms first appeared (illness onset). Onset date (of symptoms) would be considered “day zero.”
 - Therefore, anyone with covid-19 should stay home for a minimum of seven days. They should only discontinue isolation if at least 72 hours have also passed since “recovery.”
 - Asymptomatic persons with lab-confirmed covid-19 infection may discontinue home isolation when at least 7 days have passed since the date of their first positive covid-19 diagnostic test and they have had no subsequent illness.

Decisions to discontinue home isolation are made at the local level by local board of health with consultation with MDPH if desired by the LBOH. We also expect that some clinicians and even workplaces may get involved in these decisions, if contacted by their patients and employees.

Quarantine recommendations have not changed. If someone is exposed to a confirmed case (or clinically diagnosed case) while the case is infectious they will need to be quarantined for 14 days. This quarantine period is based on the incubation period for covid-19, which goes out to 14 days after an exposure. If they develop illness during the 14 day period they should be referred to their healthcare provider for evaluation.

Guidance for healthcare workers returning to work: <https://www.cdc.gov/coronavirus/2019-ncov/healthcare-facilities/hcp-return-work.html>. Healthcare workers with questions about returning to work should contact their Occupational Health program or others within their facility.

*This recommendation will prevent most, but may not prevent all instances of secondary spread. The risk of transmission, after recovery, is likely very substantially less than that during illness.