

RELEASING CASES AND CONTACTS FROM **ISOLATION AND QUARANTINE**

V7 - August 19, 2020

CASES

Must be isolated for a minimum of 10 days after onset and can be released after they are without fever for 24 hours (without fever-reducing medication) and show improvement in symptoms. Some severely ill patients will need to be isolated for at least 20 days.

Asymptomatic cases must be isolated for 10 days after their specimen collection date.

Notes:

- Lingering cough should not prevent a case from being released from isolation.
- If a follow-up PCR test is positive, cases do not need to reenter isolation as long as they have completed the minimum 10-day isolation and had symptom resolution for a minimum of 24 hours.

ONSET DATE Minimum 10 days (Day 0) SPECIMEN COLLECTION DATE WITOUT FEVER CASE IF ONSET UNCLEAR OR **FOR 24 HRs AND** RELEASED **ASYMPTOMATIC SYMPTOM FROM** ISOLATION **IMPROVEMENT**

EXAMPLES

- · A case that is afebrile and experiencing an improvement in symptoms on day 2 (and continues to do so) can be released from isolation 10 days after symptom onset.
- A case is afebrile on day 2, but symptoms return on day 6. The case is afebrile and experiencing an improvement in symptoms on day 12 and continues to do so for 24 hours. They can be released from isolation 13 days after symptom onset.
- An asymptomatic case that doesn't develop symptoms can be released from isolation 10 days after specimen collection.

If a case has been released from isolation and symptoms return, individuals do not need to re-enter isolation as long as they have completed the minimum 10-day isolation and had symptom resolution for a minimum of 24 hours.

HOUSEHOLD CONTACTS

A household contact is an individual who shares any living spaces with a case. This includes bedrooms, bathrooms, living rooms, kitchens, etc.

Household contacts must be quarantined for 14 days after the case has completed their (minimum) 10-day isolation period (whether the case is symptomatic or not)*.

If a household contact develops symptoms of COVID-19, they become a case. They should begin isolation as a case and consider getting tested.

*If the case can separate from household members for their entire isolation, household members may be treated as non-household contacts and begin quarantine after their last close contact with the case. To be considered a nonhousehold contact:

- The case must never be in the same room as household members.
- The case cannot share plates, cups, dishes or phones with others.
- The case should have their own bathroom. If that isn't possible, the household must conduct daily cleaning.

HOUSEHOLD CASE'S ONSET DATE **CASE HAS COMPLETED CONTACT RELEASED** (Day 0) MINIMUM 10-DAY ISOLATION FROM QUARANTINE 14 davs 10 days

EXAMPLES

- A case is afebrile and experiencing an improvement in symptoms 2 days after symptom onset and continues to do so for 24 hours. The household contact must remain quarantined until 24 days after the case's symptom onset.
- A case is afebrile and experiencing an improvement in symptoms 14 days after symptom onset and continues to do so for 24 hours (day 15). The household contact must remain quarantined for 14 days after the case's isolation period ends (29 days after the case's symptom onset).
- A household contact of an asymptomatic case can be released 14 days after the case has completed their minimum 10-day isolation period.
- A household contact develops cough and fever during quarantine. They must now begin isolation as a case.

Notes:

- Household contacts will often need to remain at home longer than the initial case.
- If a case has been released from isolation and symptoms return, household contacts do not need to restart the 14-day period as long as the case has completed the minimum 10-day isolation and had symptom resolution for a minimum of 24 hours.

NON-HOUSEHOLD CONTACTS

Must be guarantined for 14 days after the date of last exposure* to the case, regardless of whether the case was symptomatic.



*Exposure means contact with a case during the time period beginning two days prior to case's symptom onset (or specimen collection date if case is asymptomatic) through the end of the case's isolation period.