

Criteria for Discontinuation of Home Isolation/Quarantine

	Positive Test <u>with</u> Symptoms	Positive Test <u>without</u> Symptoms	Negative Test <u>with</u> Symptoms, No Exposure	Exposure <u>with</u> Symptoms	Exposure <u>without</u> Symptoms
General Population	<p>Isolate Until:</p> <ul style="list-style-type: none"> • ≥24 hours have passed since resolution of fever without the use of fever-reducing medications AND • Other symptoms have improved <p>If symptoms worsen, resume isolation</p> <p>For at least the first 5 days after resuming normal activities:</p> <ul style="list-style-type: none"> • Wear a mask when indoors around other people* • Avoid crowded indoor spaces • Avoid being with people who are at increased risk for severe disease 	<p>Isolate for about 72 hours (recommended but not required)</p> <p>For at least the first 5 days:</p> <ul style="list-style-type: none"> • Wear a mask when indoors around other people* • Avoid crowded indoor spaces • Avoid being with people who are at increased risk for severe disease 	<p>Isolate Until:</p> <ul style="list-style-type: none"> • ≥24 hours have passed since resolution of fever without the use of fever-reducing medications AND • Other symptoms have improved <p>If no alternative diagnosis and symptoms continue, repeat test after 1-2 days</p> <p>If symptoms worsen, resume isolation</p> <p>For at least the first 5 days after resuming normal activities:</p> <ul style="list-style-type: none"> • Wear a mask when indoors around other people* • Avoid crowded indoor spaces • Avoid being with people who are at increased risk for severe disease 	<ul style="list-style-type: none"> • Take a test • If no alternative diagnosis and symptoms continue, repeat test after 1-2 days <p>Isolate Until:</p> <ul style="list-style-type: none"> • ≥24 hours have passed since resolution of fever without the use of fever-reducing medications AND • Other symptoms have improved <p>If symptoms worsen, resume isolation</p> <p>For at least the first 5 days after resuming normal activities:</p> <ul style="list-style-type: none"> • Wear a mask when indoors around other people* • Avoid crowded indoor spaces • Avoid being with people who are at increased risk for severe disease 	<ul style="list-style-type: none"> • Consider wearing a mask* • Consider avoiding crowded places • Monitor for symptoms and isolate and test if symptoms develop

*Children under 2 years are not asked to mask when they return to normal activities

	Positive Test <u>with</u> Symptoms	Positive Test <u>without</u> Symptoms	Negative Test <u>with</u> Symptoms, No Exposure	Exposure <u>with</u> Symptoms	Exposure <u>without</u> Symptoms
Healthcare Workers (HCW) in PPOC Practices¹ <i>For return to work</i>	<p>After 5 days have passed since symptom onset (symptom onset = Day 0) AND Symptoms have substantially improved, including being fever-free, for 24 hours AND The HCW received a negative viral test on Day 5 (return on day 6) If positive on day 5, can continue testing on days 6-9 and return same day as negative test If continue to test positive through days 6-9, can return on day 10 without testing</p> <p>If return to work before day 10, must wear a facemask until after 10 days have passed</p> <p><i>HCW should avoid caring for patients who are moderately to severely immunocompromised until after 10 days has passed since their positive test</i></p> <p><i>Additional requirements exist for patients who had severe illness or are immunocompromised</i></p>	<p>After 5 days have passed since the first positive test was taken AND The HCW received a negative viral test on Day 5 or later If continue to test positive, can return after 10 days of isolation (on day 11) regardless of test result</p> <p>If return to work before day 10, must wear a facemask until after 10 days have passed</p> <p><i>HCW should avoid caring for patients who are moderately to severely immunocompromised until after 10 days has passed since their positive test</i></p> <p><i>Additional requirements exist for patients who are immunocompromised</i></p>	<p><u>Mild Symptoms²</u> HCW may continue to work after negative test, but must wear a mask at all time until symptom resolution AND If test was an antigen test, must repeat 48 hours after first negative test (test prior to coming to work if scheduled to work that day)</p> <p>If symptoms progress or new symptoms develop, HCW should stay out of work pending re-testing</p> <p><u>Moderate Symptoms³</u> Must have negative tests, either 2 antigen tests 48 hours apart or 1 PCR test, before returning to work AND >=24 hours have passed since resolution of fever without the use of fever-reducing medications AND Other symptoms have improved OR Based on the recommendations for an alternative diagnosis if made (testing requirement still applies)</p>	<p>Must have negative test, either 2 antigen tests 48 hours apart or 1 PCR test, before returning to work AND Symptoms have improved AND Must wear mask until receipt of a third negative test, taken 48 hours after the 2nd test</p>	<p>HCW may continue to work after being exposed, provided they remain asymptomatic</p> <p>All HCW must wear a facemask though Day 5 testing AND Must test either by antigen test (on Day 1, Day 3, and Day 5), or by using a PCR test (Day 5 only)</p>

¹ Patients who are also healthcare workers should contact their employer for return to work guidance

² Mild Symptoms: 1 or more of the following only- new cough, nasal congestion/runny nose, sore throat

³ Moderate Symptoms: Fever (> 100.4 °F) or feverish, chills, myalgia, overwhelming fatigue, loss of taste/smell

Full Guidance

- [General Public](#)
- [Health Care Personnel](#)

Definitions

Exposure: People with COVID-19 are most able to spread it to others during the first 5 days of their infection but can also spread it up to 2 days before symptom onset or their positive test and for about 10 days after their positive test. You may have been exposed to COVID-19 if you spent time with someone during this period of their infection. ([DPH](#))