

Interim Guidance for Isolation for COVID-19

Last updated January 21, 2021

COVID-19 status	Guidance for patients	Guidance for household members who have not been diagnosed with COVID-19 within the previous 90 days ¹ , who are not immune to SARS-CoV-2 ² , and who are not healthcare workers
Confirmed case (laboratory test positive) in hospital	Isolation according to hospital procedures	<ul style="list-style-type: none"> Isolation at home for 10 days from last exposure to COVID-19 patient without using recommended precautions OR for at least 7 days if a PCR test for COVID-19 is negative*. The test must be taken on day 5 or later.²³ Monitor yourself for symptoms for 14 days and call your provider immediately if you develop cough, shortness of breath or difficulty breathing, or other COVID-19 symptoms⁴. Continue hand hygiene and physically distancing yourself from others.
Confirmed case (laboratory test positive) at home	<p>Isolation period will be at least 10 days, or possibly longer depending on the course of illness.⁵ Discontinue home isolation under the following conditions:</p> <ul style="list-style-type: none"> Ten days after illness onset AND No fever for at least 24 hours (without use of fever-reducing medication) AND Symptom improvement <p>For persons who never develop symptoms, discontinue isolation ten days after the first positive PCR test (date of swab collection).</p>	<ul style="list-style-type: none"> Isolation at home 10 days from when household precautions were in use OR for at least 7 days if a PCR test for COVID-19 is negative*. The test must be taken on day 5 or later.³ Monitor yourself for symptoms for 14 days and call your provider immediately if you develop cough, shortness of breath, difficulty breathing, or other COVID-19 symptoms⁴. Continue hand hygiene and physically distancing yourself from others. If you become sick with COVID-19 symptoms³, isolate at home until <ul style="list-style-type: none"> Ten days after illness onset AND No fever for at least 24 hours (without use of fever-reducing medication) AND Symptom improvement
Waiting for test results	Isolation at home using recommended precautions until test results are received.	Self-observation
Sick with COVID-19 symptoms ³ but not tested (no known exposure to COVID-19)	Stay home except to get COVID-19 testing or other medical care. Call ahead before visiting your doctor.	Self-observation
Healthcare worker (HCW) with confirmed or suspected COVID-19	<p>Exclude from work until:</p> <ul style="list-style-type: none"> Ten days after illness onset AND No fever for at least 24 hours (without use of fever-reducing medication) Symptom improvement 	<ul style="list-style-type: none"> Isolation at home for 10 days from when household precautions were in use OR for at least 7 days if a PCR test for COVID-19 is negative*. The test must be taken on day 5 or later.³ Monitor yourself for symptoms for 14 days and call your provider immediately if you develop cough, shortness of

	<p>For HCWs who never develop symptoms, exclude from work until ten days after the first positive PCR test (date of swab collection). For HCWs with severe illness or who are immunocompromised, exclude from work until 20 days after illness onset.</p> <p>A test-based strategy is no longer recommended.⁶</p>	<p>breath, or other COVID-19 symptoms³. Continue hand hygiene and physically distancing yourself from others.</p> <ul style="list-style-type: none"> • If you become sick with COVID-19 symptoms⁴, isolate at home until <ul style="list-style-type: none"> • Ten days after illness onset AND • No fever for at least 24 hours (without use of fever-reducing medication) • Symptom improvement
<p>Considered immune² after receiving both doses of the Pfizer-BioNTech or Moderna COVID-19 vaccine</p>	<p>Talk to a doctor or a healthcare provider if you have COVID-like symptoms after getting 2 doses of the COVID-19 vaccine. It is likely that something other than the virus that causes COVID-19 is causing your symptoms. However, your doctor may want you to get tested. The Pfizer-BioNTech and Moderna vaccines do not interfere with the accuracy of COVID-19 viral tests.</p> <p>You should isolate if you test positive for COVID-19 even after you have received the COVID-19 vaccine.</p> <p>Isolation period will be at least 10 days, or possibly longer depending on the course of illness.⁵ Discontinue home isolation under the following conditions:</p> <ul style="list-style-type: none"> • Ten days after illness onset AND • No fever for at least 24 hours (without use of fever-reducing medication) AND • Symptom improvement <p>For persons who never develop symptoms, discontinue isolation ten days after the first positive PCR test (date of swab collection).</p>	<ul style="list-style-type: none"> • Isolation at home for 10 days from last exposure to COVID-19 patient without using recommended precautions OR for at least 7 days if a PCR test for COVID-19 is negative*. The test must be taken on day 5 or later.³ • Monitor yourself for symptoms for 14 days and call your provider immediately if you develop cough, shortness of breath or difficulty breathing, or other COVID-19 symptoms⁴. Continue hand hygiene and physically distancing yourself from others.

*Implementation of the testing strategy (discontinuation of isolation after 7 days if a PCR test for COVID-19 is negative) varies by jurisdiction. [Contact your local Public Health District](#) for specific recommendations.

⁴For close contacts who were diagnosed with COVID-19 within the previous 90 days by either by a positive RT-PCR test for SARS-CoV-2 or a healthcare provider based on their symptoms:

- Those with no current symptoms of COVID-19 do not have to isolate, and retesting is not recommended.
- Those with symptoms should isolate immediately for 14 days and consult with a medical provider.

² You are considered immune 2 weeks after you receive your 2nd dose of the Pfizer-BioNTech or Moderna COVID-19 vaccine. You do not need to self-quarantine if you are exposed AND it has been at least 2 weeks since your 2nd shot of the Pfizer-BioNTech or Moderna vaccine. If you are exposed before this time, you need to self-quarantine.

³Options to Reduce Quarantine for Contacts of Persons with SARS-CoV-2 Infection Using Symptom Monitoring and Diagnostic Testing:

<https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>

⁴COVID-19 symptoms include fever, chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea. <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

⁵A small number of people with severe illness may shed infectious virus beyond 10 days that may warrant extending duration of isolation for up to 20 days after symptom onset; consider consultation with infection control experts.

⁶For persons previously diagnosed with symptomatic COVID-19 who remain asymptomatic after recovery, retesting is not recommended within 3 months of symptom onset. An exception is for who people who are severely immunocompromised, for whom a test-based strategy could be considered.

Household precautions <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html>

- Stay home except to get medical care
- Separate yourself from other people and animals in your home. Stay in a specific room and use a separate bathroom if available.
- Call ahead before visiting your doctor
- Wear a facemask when around other people
- Wash your hands often
- Avoid sharing personal items such as dishes, towels, and bedding.
- Clean 'high-touch' surfaces every day. These include counters, tabletops, doorknobs, bathroom fixtures, phones, keyboards, etc.
- Monitor your symptoms. Seek prompt medical attention if your illness is worsening. Call your provider and let them know you have COVID-19 before seeking care. If you have a medical emergency and need to call 911, notify dispatch that you have COVID-19.

Resources

CDC what to do if you're sick: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

CDC guidance for discontinuing isolation of hospitalized patients: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-hospitalized-patients.html>

CDC guidance for discontinuing isolation for persons with COVID-19 not in healthcare settings: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>

CDC guidance for symptom-based strategy to discontinue isolation for adults with COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/community/strategy-discontinue-isolation.html>

CDC guidance for health care workers with potential exposure to COVID-19 in a healthcare setting: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assessment-hcp.html>

Return to work criteria for healthcare personnel with confirmed or suspected COVID-19 exposure: <https://www.cdc.gov/coronavirus/2019-ncov/healthcare-facilities/hcp-return-work.html>

CDC guidance on safety practices for critical infrastructure workers who might have been exposed to COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/community/critical-workers/implementing-safety-practices.html>