

COVID-19: Guidance for Discontinuing Isolation in a Non-Healthcare Setting

- » **Applies** to individuals isolating in a non-healthcare setting with presumed or confirmed COVID-19 infection who must be separated from those without infection.
- » **Does not** apply to individuals in quarantine who may have been exposed to COVID-19, but do not have a presumed or confirmed infection.

Isolation may be discontinued in accordance with one of the strategies below.

(Strategies are not to be employed in succession or otherwise combined.)

Remember to always follow guidance from your medical provider and local, state, and federal public health authorities.

Patients with laboratory-confirmed infection, but NO symptoms may be released from isolation using the criteria below:

Time-Based Strategy:

- **Ten (10) days** have passed since the date of the first positive RT-PCR test for SARS-CoV-2 RNA and symptoms have not subsequently developed

Patients with presumed or laboratory-confirmed infection AND symptoms may be released from isolation using the criteria below:

Symptom-Based Strategy:

- At least 10 days have passed since symptom onset **AND**
- At least 24 hours have passed since resolution of fever without the use of fever-reducing medications **AND**
- Other symptoms have improved (e.g., cough, shortness of breath)

Note: The test-based strategy is no longer recommended in immunocompetent persons, except to discontinue isolation or precautions earlier than would occur under the time- or symptom-based strategies outlined above. As detection of viral RNA can persist for weeks following recovery and does not indicate presence of live virus (i.e., infectiousness), the test-based strategy can result in prolonged, unnecessary isolation of non-infectious persons.

This product consolidates guidance from the U.S. Centers for Disease Control and Prevention (CDC) for discontinuing isolation in non-healthcare settings.

More detailed information is available from the CDC at <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html> and https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fstrategy-discontinue-isolation.html.



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For current COVID-19 information:

<https://phc.amedd.army.mil/covid19>
<https://www.coronavirus.gov/>

The Military Health System Nurse Advice Line is available 24/7:

Call 1-800-874-2273 option #1
or visit <https://www.health.mil/I-Am-A/Media/Media-Center/NAL-Day-at-a-glance>

For more information, contact your installation's Department of Public Health.

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The Army COVID-19 Information Hotline:
Call 1-800-984-8523,
Overseas DSN 312-421-3700,
Stateside DSN 421-3700

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