Thursday, May 14, 2020

The Centers for Disease Control and Prevention (CDC) has issued guidance for discontinuing home isolation for people who have or are suspected to have had novel coronavirus, also called COVID-19.

Individuals who are experiencing symptoms and have either tested positive for COVID-19 or are suspected to have COVID-19, home isolation may be discontinued when the following conditions are met:

- You have had no fever for at least 72 hours (three days) without the use medicine that reduces fevers, and
- Other symptoms have improved (for example, when your cough or shortness of breath have improved), and
- At least 10 days have passed since your symptoms first appeared

OR

- You have had no fever without the use medicine that reduces fevers, and
- Other symptoms have improved (for example, when your cough or shortness of breath have improved), and
- You have 2 consecutive negative lab results from nasopharyngeal specimens collected ≥24 hours apart

Individuals who are not experiencing symptoms and have tested positive for COVID-19, home isolation may be discontinued when the following conditions are met:

- At least 10 days have passed since the date of your first positive COVID-19 diagnostic test, assuming you have not subsequently developed symptoms since your first test.
  - If you develop symptoms, then the symptom-based strategy for discontinuing home isolation should be used

OR

- You have 2 consecutive negative lab results from nasopharyngeal specimens collected ≥24 hours apart

For individuals who are not experiencing any symptoms, but were considered to be exposed to an individual with COVID-19, it is recommended to practice the following precautions:
• Stay home for 14 days after last exposure and maintain a distance of at least 6 feet from others
• Self-monitor symptoms
  o Check temperature twice a day
  o Watch for fever (≥100.4°F), cough, shortness of breath
• Avoid contact with people at higher risk for severe illness
• Follow CDC guidance if symptoms develop

In the event that you feel that you should be evaluated for COVID-19 symptoms, please contact your healthcare provider or urgent care center. Make sure you call ahead to inform the facility of your arrival ahead of time.

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