Wednesday, April 15, 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 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
- Other symptoms have improved (for example, when your cough or shortness of breath have improved)
- At least 7 days have passed since your symptoms first appeared

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
  - Check temperature twice a day
  - Watch for fever ($\geq 100.4^\circ F$), 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.

Testing of asymptomatic individuals is not recommended at this time and should not be a requirement for returning to work unless indicated by a healthcare provider.

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