‘Release from Isolation’ Guidance

Recommendations for discontinuation of transmission-based precautions and home isolation, based upon a person’s symptoms and clinical testing are below. The most recent updates to this document can be found here.

- If a person is symptomatic* and awaiting COVID-19 test results:
  ○ Stay home away from others or under isolation precautions until results are available. If results are delayed, follow guidance for symptomatic and tested positive for COVID-19. Once results are available, follow the recommendations below based on results.

- If a person is symptomatic* and tested positive for COVID-19 by PCR, antigen testing, or serology**:
  ○ Stay home away from others or under isolation precautions until you have had no fever for at least 3 days (72 hours) without the use of medicine that reduces fevers; AND
  ○ Other symptoms have improved; AND
  ○ At least 10 days have passed since symptoms first appeared.

- If a person is symptomatic* and tested negative for COVID-19 by PCR, antigen testing, or serology**:
  ○ Stay home away from others or under isolation precautions until you have had no fever for at least 3 days (72 hours) without the use of medicine that reduces fevers; AND
  ○ Other symptoms have improved.

- If a person is symptomatic* and has not been tested for COVID-19 by PCR, antigen testing, or serology**:
  ○ Stay home away from others or under isolation precautions until you have had no fever for at least 3 days (72 hours) without the use of medicine that reduces fevers; AND
  ○ Other symptoms have improved; AND
  ○ At least 10 days have passed since symptoms first appeared.

- If a person is asymptomatic and awaiting COVID-19 test results:
  ○ No isolation is required while waiting for test results. Take everyday precautions to prevent the spread of COVID-19. Once results are available, follow recommendations based on results.

- If a person is asymptomatic and tested positive for COVID-19 by PCR or antigen testing (even if person met time and symptom-based strategy for release from isolation after being symptomatic and tested positive for COVID-19):

Updated: 6/3/2020
Stay home away from others or under isolation precautions until 10 days have passed since specimen collection of the first positive COVID-19 PCR/antigen testing while asymptomatic. If symptoms develop, follow guidance for symptomatic and tested positive for COVID-19.

- If a person is asymptomatic and tested positive for COVID-19 by serology:
  - No isolation is required since there is a low likelihood of active infection. Take everyday precautions to prevent the spread of COVID-19.

- If a person is asymptomatic and tested negative for COVID-19 by PCR, antigen testing, or serology:
  - No isolation is required. Take everyday precautions to prevent the spread of COVID-19.

- If a person has other non-compatible symptoms and has not been tested for COVID-19:
  - Stay home away from others or under isolation precautions until you have had no fever for at least 24 hours without the use of medicine that reduces fevers; AND
  - Other symptoms have improved.

* People with these symptoms may have COVID-19:
  - Fever or 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
  - Diarrhea

This list does not include all possible symptoms. Public Health will continue to update this list as we learn more about COVID-19.

** If a person is tested by PCR/antigen testing and serology while they are symptomatic, use PCR/antigen test results to determine isolation.
### Recommendations after Receiving Test Results

<table>
<thead>
<tr>
<th></th>
<th>Symptomatic</th>
<th></th>
<th>Asymptomatic</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Positive</td>
<td>Negative</td>
<td>Positive</td>
<td>Negative</td>
</tr>
<tr>
<td><strong>PCR/antigen testing</strong></td>
<td>Isolation*</td>
<td>Isolation**</td>
<td>Isolation*</td>
<td>No isolation</td>
</tr>
<tr>
<td><strong>Serology (without PCR/antigen testing)</strong></td>
<td>Isolation*</td>
<td>Isolation**</td>
<td>No isolation</td>
<td>No isolation</td>
</tr>
<tr>
<td><strong>Serology positive with PCR/antigen testing</strong></td>
<td>Isolation*</td>
<td>Isolation**</td>
<td>Isolation*</td>
<td>No isolation</td>
</tr>
</tbody>
</table>

* Stay home away from others or under isolation precautions until you have had no fever for at least 3 days (72 hours) without the use of medicine that reduces fevers; AND other symptoms have improved; AND at least 10 days have passed since symptoms first appeared.

**Stay home away from others or under isolation precautions until you have had no fever for at least 3 days (72 hours) without the use of medicine that reduces fevers; AND other symptoms have improved.
Recent Updates to Guidance

Changes were made to add antigen testing, serial testing of asymptomatic individuals, and updates to serologic testing of asymptomatic individuals:

- If a person is asymptomatic and tested positive for COVID-19 by PCR or antigen testing (even if person met time and symptom-based strategy for release from isolation after being symptomatic and tested positive for COVID-19):
  - Stay home away from others or under isolation precautions until 10 days have passed since specimen collection of the first positive COVID-19 PCR/antigen testing while asymptomatic.
  - If symptoms develop, follow guidance for symptomatic and tested positive for COVID-19.

- If a person is asymptomatic and tested positive for COVID-19 by serology:
  - No isolation is required since there is a low likelihood of active infection.
  - Take everyday precautions to prevent the spread of COVID-19.

Updated: 6/3/2020