



Public Health

Idaho North Central District



Public Health ALERT

September 25, 2020

PH-INCD recognizes that changes of recommendations from the CDC may be subtle or difficult for all providers to monitor. As a practitioner, if you have questions regarding calculating the “Infectious Period” or recommendations for time for quarantine or isolation, please contact our Epi Team via the **PH-INCD COVID Help Line, at 866-736-6632.**

Based on the best information available today, the Centers for Disease Control and Prevention (CDC) continue to recommend that a positive case of COVID-19 isolate as detailed in this document, and that a close contact to a case quarantine as detailed below as well.

1. Duration of isolation and precautions for a Case

- Most patients with COVID-19 illness: isolation and precautions can be discontinued 10 days *after symptom onset* (including non-respiratory symptoms) and resolution of fever **for at least 24 hours**, without the use of fever-reducing medications, and with improvement of other symptoms.
- Patients with **severe illness**: extending duration of isolation and precautions for **up to 20 days** after symptom onset may be warranted and is recommended for healthcare workers with severe to critical illness or healthcare workers who are severely immunocompromised and were **not** asymptomatic throughout infection.
- Individuals who never develop symptoms: isolation and other precautions can be discontinued 10 days *after the collection date of their first positive RT-PCR test result for SARS-CoV-2 RNA*.
- For most patients it is not recommended to utilize repeat testing to determine the end of the infectious period. A test-based strategy may be considered for some healthcare workers (see <https://www.cdc.gov/coronavirus/2019-ncov/hcp/return-to-work.html>).
- Severely immunocompromised patients: a test-based strategy could be considered in consultation with infectious disease experts

2. Duration of quarantine and precautions for close contacts to a case

- A close contact is considered to be anyone that was within 6 feet of someone who has COVID-19, for more than 15 minutes. This would also include those who provided care at home for someone sick with COVID-19, or someone who had physical contact with a known case during the infectious period of the case. Exposure to COVID-19 can lead to the exposed person developing active illness at any point 2-14 days after the exposure.
- Most close contacts to a case are recommended to quarantine for 14 days after the last contact with a person infectious with COVID-19. Close contacts should remain at home while monitoring for any symptoms consistent with COVID-19. In a group living situation the quarantine period may be expanded if the close contact is exposed to others in the home who develop symptoms during or after the original quarantine period.
- If you do not develop symptoms or even if you have a negative test during the quarantine period, it is recommended that you continue to quarantine for the full 14 days after last exposure to a known case.

3. Use of PCR testing after discontinuation of isolation or precautions

- Individuals who were previously symptomatic with COVID-19 who, after recovery, remain asymptomatic:
 - Retesting is not recommended **within 3 months after the date of symptom onset for the initial COVID-19 case**
 - **During these 3 months, isolation is not recommended in the event of close contact** with a SARS-CoV-2 infected individual
- Individuals who develop new symptoms consistent with COVID-19 during the **3 months** after the date of initial symptom onset:
 - If an alternative etiology cannot be identified, retesting for SARS-CoV-2 may be warranted.
 - Isolation may be considered during this evaluation especially if symptoms develop within 14 days after close contact with an infected person.
- Individuals who never developed symptoms: the date of first positive RT-PCR test for SARS-CoV-2 RNA should be used in place of the date of symptom onset.

For more information, see:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html>

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html?>