



Release from Isolation and Quarantine' Guidance

Recommendations for quarantine and discontinuation of isolation precautions and home isolation, based upon a person's symptoms and clinical testing are below.

CDC and KDHE do not recommend a test-based strategy to discontinue isolation or quarantine. For people that previously tested positive for COVID-19 who remain asymptomatic after recovery, **retesting is not recommended within 3 months after the date of symptom onset for the initial COVID-19 infection.**

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 or antigen testing:

Stay home away from others or under isolation precautions until:

- At least 10 days* have passed since symptoms first appeared; **AND**
- At least 72 hours have passed since last fever without the use of medicine that reduces fevers; **AND**
- Other symptoms have improved.

If a person is **symptomatic** and tested **negative**** for COVID-19 by PCR testing:

Stay home away from others or under isolation precautions until:

- At least 72 hours have passed since last fever without the use of medicine that reduces fevers; **AND**
- Other symptoms have improved.

For negative antigen tests, the FDA and CDC recommends doing a confirmation PCR for all negative tests.

- Individuals should isolate until the confirmatory test is back and the patient has been notified.

Individuals who are at increased risk of having COVID should follow the recommendations for positive individuals. This should include those who have had household exposure and/or high-risk symptoms such as loss of taste or smell, or as determined by a healthcare provider.

Note: A negative COVID test does not release a person from quarantine early.

If a person is **symptomatic** and has **not been tested**** for COVID-19 by PCR or antigen testing:

Stay home away from others or under isolation precautions until:

- At least 10 days* have passed since symptoms first appeared; AND
- At least 72 hours have passed since last fever without the use of medicine that reduces fevers; AND
- Other symptoms have improved.

If a person is **asymptomatic** and **awaiting**** COVID-19 test results:

No isolation is required while waiting for test results unless instructed otherwise. Take everyday precautions to prevent the spread of COVID-19. Once results are available, follow recommendations based on results.

Note: A negative COVID test does not release a person from quarantine early.

If a person is **asymptomatic** and tested **positive** for COVID-19 by PCR or antigen testing:

Stay home away from others or under isolation precautions until:

- At least 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 (antibody):

Positive antibody should be interpreted based on clinical scenario, prior exposure and COVID symptoms or prior positive COVID test.

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 or other confirmed illness (such as flu, strep, RSV, etc):

Stay home away from others or under isolation precautions until:

- At least 24 hours have passed since last fever without the use of medicine that reduces fevers; AND
- Other symptoms have improved
- Follow other recommendations or instructions from healthcare provider.

*A person who had **severe/critical illness** (admitted to ICU) or is **severely immunocompromised** should:

If symptomatic, stay home away from others or under isolation precautions until:

- At least **20 days** have passed since symptoms first appeared; AND

- At least 72 hours have passed since last fever without the use of medicine that reduces fevers;
AND
- Other symptoms have improved.

If asymptomatic, stay home away from others or under isolation precautions until:

- At least 20 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.

Outside of these criteria above, extension of isolation is not routinely recommended if an individual is retested within 3 months of onset of symptoms or date of first positive test while asymptomatic. However, if a person within 3 months of symptom onset of their initial illness or since specimen collection (if asymptomatic) of the first positive COVID-19 PCR/antigen test has a new exposure to a person with suspected or confirmed COVID-19 and recovered from laboratory-confirmed infection and has met criteria to end isolation, but has or develops new symptoms consistent with COVID-19 within 14 days of the new exposure, consultation with a health care provider is recommended, and consultation with infectious disease or infection control experts may be necessary. If an alternative cause of the symptoms cannot be identified, retesting for SARS-CoV-2 infection may be warranted. In the absence of clinical evaluation to rule out SARS-CoV-2 reinfection, this person should be isolated following the recommendations above.

***A person who had known close contact with a confirmed COVID-19 case should quarantine for 14 days from their last exposure to the case regardless of negative tests results or illness where no testing was performed. However, if they test positive for COVID-19 by PCR or antigen testing, they should follow the relevant isolation guidance.*

Healthcare workers and critical infrastructure workers should follow guidance that includes special consideration for these groups. If you are a healthcare worker or critical infrastructure worker, please follow-up with your employer or HR for specific guidelines. For a person previously diagnosed with COVID-19 who recovered from laboratory-confirmed infection and has met criteria to end isolation and remains asymptomatic, quarantine is not recommended in the event of close contact with an infected person within 3 months of symptom onset of their initial illness or since specimen collection (if asymptomatic) of the first positive COVID-19 PCR/antigen test. However, if a person is identified as a contact of a new case 3 months or more after symptom onset or since specimen collection (if asymptomatic) of the first positive COVID-19 PCR/antigen test, they should follow quarantine recommendations for contacts.

Post-acute care facilities should utilize the same quarantine criteria for patient admissions and readmissions.

Adapted from the Arizona Department of Health Services, 11/19/20

<https://www.azdhs.gov/documents/preparedness/epidemiology-disease-control/infectious-disease-epidemiology/novel-coronavirus/public-resources/release-from-isolation.pdf>