



Isolation and Quarantine Timeframes for COVID-19

	Essential Workers (Includes Health Care Workers and First Responders)	Non-Essential Workers
Definition	<p>"Essential" worker per critical infrastructure categories identified by CDC such as:</p> <ul style="list-style-type: none"> • Federal, state, & local law enforcement • 911 call center employees • Fusion Center employees • Hazardous material responders from government and the private sector • Janitorial staff and other custodial staff • Workers – including contracted vendors – in food and agriculture • Critical manufacturing • Informational technology • Transportation • Energy • Government facilities 	<p>"Not essential", defined as unemployed, or persons employed by or working in businesses such as:</p> <ul style="list-style-type: none"> • Barber shops, hair salons, waxing salons, threading salons • Nail salons and spas • Recreational facilities and activities • Concert venues and auditoriums • Theaters • Entertainment venues • Body art facilities, and tattoo services • Performing arts centers, and events • Massage therapy establishments and services • Museums, historical sites, galleries • Social clubs, sorority, and fraternity events • All senior citizen center gatherings • Tanning Salons • Tourist Attractions • Certain retails stores including <ul style="list-style-type: none"> o Furniture and home furnishing stores o Clothing, shoe, and clothing-accessory stores o Jewelry, luggage, and leather goods stores o Department stores o Sporting goods stores o Book, craft, and music stores



Isolation and Quarantine Timeframes for COVID-19

Case Status	Essential Workers (Includes Health Care Workers and First Responders)
Laboratory-Confirmed Case WITH Symptoms	<p style="text-align: center;"><u>Exclusion from Work</u></p> <p><u>Symptom-based Strategy</u> Isolation can end after the following criteria are met:</p> <ol style="list-style-type: none"> 1) at least 10 days from onset of symptoms <u>and</u> 2) at least 3 days (72 hours) after <i>recovery</i>. <p style="padding-left: 40px;">“Recovery” is defined as resolution of fever without the use of fever-reducing medications with progressive improvement or resolution of other symptoms.</p> <p style="padding-left: 40px;">“Improvement” means that shortness of breath and cough have improved and noted as “mild” or “none”.</p> <p><u>Test-Based Strategy</u> If testing is readily available and the test-based strategy is chosen, isolation can end after all of the following criteria are met:</p> <ol style="list-style-type: none"> 1) Resolution of fever without the use of fever-reducing medications, 2) Improvement in respiratory symptoms (e.g., cough, shortness of breath), <u>and</u> 3) Two (2) consecutive negative respiratory specimens tested using an FDA Emergency Use Authorized COVID-19 molecular assay collected ≥ 24 hours apart. <p>Note that detecting viral RNA via PCR does not necessarily mean that infectious virus is present. Since more than 80 percent of persons confirmed positive, are known to shed virus for 7 or more days, and ADPH has received reports of persons testing positive for more than 30 days, performing a second test to determine when to release from isolation or to return to work should not be performed sooner than 7 days after symptom onset date. Clinical literature has identified that persons who have been severely ill and/or with underlying medical conditions may test positive longer. Consider consulting with local infectious disease experts when making return to work decisions for individuals who might remain infectious longer than 10 days (e.g., severely immunocompromised).</p> <p><u>After returning to work, HCWs and First Responders should:</u></p> <ul style="list-style-type: none"> • Wear a facemask for source control at all times while in the healthcare facility <u>until all symptoms are completely resolved</u> or at baseline. A facemask instead of a cloth face covering should be used by these HCP for source control during this



Isolation and Quarantine Timeframes for COVID-19

	<p>time period while in the facility. After this time period, these HCP should revert to their facility policy regarding universal source control during the pandemic.</p> <ul style="list-style-type: none"> ○ A facemask for source control does not replace the need to wear an N95 or higher-level respirator (or other recommended PPE) when indicated, including when caring for patients with suspected or confirmed COVID-19. ○ Of note, N95 or other respirators with an exhaust valve might not provide source control. <ul style="list-style-type: none"> ● Self-monitor for symptoms, and seek re-evaluation from occupational health if respiratory symptoms recur or worsen
<p>Laboratory-Confirmed Case <u>without</u> Symptoms</p>	<p><u>Time-based Strategy</u> Isolation can discontinue 10 days after first positive test date if person has remained asymptomatic. Face covering must be worn for at least 3 days after isolation is discontinued and a distance of 6 feet or more must be maintained from other persons.</p> <p>HCW with laboratory-confirmed COVID-19 who have not had any symptoms (Time-based Strategy) should be excluded from work until 10 days have passed since the date of their first positive COVID-19 diagnostic test assuming they have not subsequently developed symptoms since their positive test and they have at least two consecutive nasopharyngeal swab specimens collected ≥24 hours apart (total of two negative specimens) via an FDA Emergency Use Authorized molecular assay. https://www.cdc.gov/coronavirus/2019-ncov/hcp/return-to-work.html</p>

****Any person tested must isolate/quarantine until they have the final test results.*

Case Status	Non-Essential Workers
<p>Laboratory-Confirmed Case <u>WITH</u> Symptoms</p>	<p><u>Symptom-based Strategy</u> Isolation can discontinue after the following criteria are met:</p> <ol style="list-style-type: none"> 1) at least 14 days from onset of symptoms <u>and</u> 2) at least 3 days (72 hours) after <i>recovery</i>. <p>“Recovery” is defined as resolution of fever without the use of fever-reducing medications with progressive improvement or resolution of other symptoms.</p> <p>“Improvement” means that shortness of breath and cough have improved and notes as “mild” or “none”.</p>
<p>Laboratory-Confirmed Case <u>without</u> Symptoms</p>	<p><u>Time-based Strategy</u> Isolation can discontinue 14 days after test date</p>

****Any person tested must isolate/quarantine until they have the final test results.*



Isolation and Quarantine Timeframes for COVID-19

“Close contact” is defined as a) being within approximately 6 feet (2 meters) of a confirmed COVID-19 case for a total time of 15 minutes or longer; close contact can occur while caring for, living with, visiting, or sharing a healthcare waiting area or room with a COVID-19 case – *or* –b) having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on) by a confirmed COVID-19 case.

Case Status	Essential Workers
Household and Close Contacts <u>without</u> Symptoms <i>No Testing Performed</i>	No isolation recommended but employer must follow CDC monitoring and screening guidance for at least 14 days after last exposure to include: <ul style="list-style-type: none"> • Pre-screen: have temperature and symptom check daily before starting work • Regular self-monitoring for symptoms under the employer’s occupational health program • Wear a mask: use at all times at work • Social distance: maintain 6 feet and social distancing as duties permit • Disinfect and clean work spaces: • Also, do not share headsets or phones; clean areas more frequently; don’t share food or drinks • If the employee tests positive at any time during or after the 14- day isolation period, follow the instructions for Confirmed Case with or without Symptoms. • If symptoms occur, employee should immediately notify employer, call health care provider, obtain COVID-19 test, if indicated and isolate immediately. (See above Confirmed Case <u>with</u> Symptoms).

Case Status	Non-Essential Workers
Household and Close Contacts <u>without</u> Symptoms <i>No Testing Performed</i>	Quarantine can discontinue 14 days after last exposure to positive case. If symptoms develop during 14-day quarantine period initiate steps for isolation following guidance for Confirmed Case WITH Symptoms. Indicate need to call their health care provider and get COVID-19 test, if indicated.

Case Status	Essential & Non-Essential Workers
Household and Close Contacts <u>with</u> Symptoms	Household and close contacts <u>with</u> symptoms receive the same guidance as Confirmed Cases with Symptoms (See above).



Isolation and Quarantine Timeframes for COVID-19

Household and Close Contacts <u>with or without</u> Symptoms Who Tests Negative	If a contact to a person with confirmed or suspected COVID-19 tests negative, they need to finish out the 14-day quarantine period. The 14 days should be from the date of last exposure. Just because they tested negative during the 14 days, it does not mean they will remain negative and they should finish out the full 14-day quarantine period.
Person with No Known Exposure <u>with</u> Symptoms Who Tests NEGATIVE	A person who tested negative with no known exposure who has symptoms should finish out the time frame for symptom-based strategy criteria unless there is another diagnosis made for the symptoms and then should follow the guidance associated with that illness.
Person with No Known Exposure <u>without</u> Symptoms Who Tests NEGATIVE	A person who tested negative without any known exposures, does not need to be quarantined or isolated, but should continue to practice social distancing.
Pre-Op Testing and Employers Requesting Testing	ADPH is not routinely doing Pre-Op testing. If a person meets criteria otherwise, they may be tested. For persons previously testing positive, whose employers are using the test-based strategy and require that they have 2 consecutive negative tests to return to work, it is their employer's responsibility to arrange for specimen collection and testing.
When to Seek Medical Attention	<p style="color: red;">Please advise all contacts and confirmed cases: If you develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include*:</p> <ul style="list-style-type: none"> • Trouble breathing • Persistent pain or pressure in the chest • New confusion or inability to arouse • Bluish lips or face <p style="color: red;">*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning. Call 911 if you have a medical emergency: Notify the operator that you have, or think you might have, COVID-19. If possible, put on a cloth face covering before medical help arrives.</p>
Patient with Persistent Positive Result	<p>Advise that the patient complete the recommended 14-day isolation/quarantine time frame and that their symptoms have resolved for at least 3 days before the second COVID-19 test is administered. If this recommendation was followed and the test was still positive, they should wait at least 72 hours before administration of another test.</p> <p>Experience from other respiratory viral infections, in particular influenza, suggests that people with COVID-19 may shed detectable viral materials of unknown infectious potential for an extended period of time after recovery. The best available evidence suggests that most persons recovered from illness with detectable viral RNA (either persistent or recurrent) are likely no longer infectious, but conclusive evidence is not currently available. Although persons may produce PCR-positive specimens for 6 weeks or greater, it remains unknown whether these PCR-positive samples represent the presence of infectious virus. Such persons should consult with their healthcare provider; strategies to address this might include additional PCR testing. When a test-based strategy is not feasible or desired, consider consultation with local infectious disease experts about discontinuing home isolation for patients who might have prolonged viral shedding, including those who are immunocompromised.</p>