

RELEASING CASES FROM ISOLATION

MILD to MODERATE CASES

Requiring little to no hospitalization

Must be isolated for a minimum of 10 days after onset of symptoms, or sample collection if asymptomatic, and can be released after afebrile (without fever-reducing medication) for at least 72 hours and improvement in other symptoms, whichever is longer.

Note: Lingering cough, headache, fatigue, and loss of taste or smell may persist for weeks or months and should not delay the end of isolation.

Examples:

- A case that starts to feel well on day 2, and remains afebrile and feeling well for 72 hours, can be released from isolation after day 10 (returning to normal activities on day 11).
- A case that starts to feel well on day 7, and remains afebrile and feeling well for 72 hours, can be released from isolation after day 10 (returning to normal activities on day 11).
- A case that starts to feel well on day 14, and remains afebrile and feeling well for 72 hours, can be released from isolation after day 16 (returning to normal activities on day 17).

Onset date

Minimum 10 days

(or specimen collection date if onset unclear or asymptomatic) **+ Afebrile and feeling well for at least 72 hours**

Case released from isolation

SEVERE CASES

Requiring ICU care or are severely immunocompromised

Must be isolated for a minimum of 20 days after onset of symptoms and can be released after afebrile (without fever-reducing medication) for at least 72 hours and improvement in other symptoms, whichever is longer.

Note: Lingering cough, headache, fatigue, and loss of taste or smell may persist for weeks or months and should not delay the end of isolation.

Examples:

- A case that started to feel well on day 12, and remained afebrile and feeling well for 72 hours, can be released from isolation after day 20 (returning to normal activities on day 21).
- A case that started to feel well on day 17, and remained afebrile and feeling well for 72 hours, can be released from isolation after day 20 (returning to normal activities on day 21).
- A case that started to feel well on day 19, and remained afebrile and feeling well for 72 hours, can be released from isolation after day 21 (returning to normal activities on day 22).

Onset date

Minimum 20 days

(or specimen collection date if onset unclear or asymptomatic) **+ Afebrile and feeling well for at least 72 hours**

Case released from isolation

HOUSEHOLD CONTACTS

Recommend quarantine for 14 days after the case has been released from home isolation (because exposure is considered ongoing within the house)**.

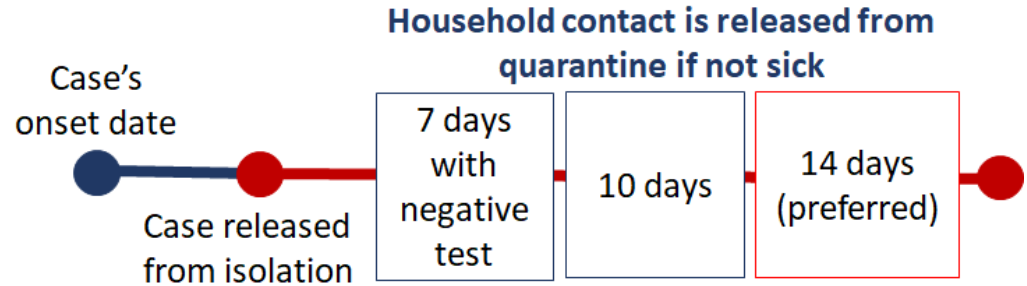
If you are not able to stay home for 14 additional days and you do not have symptoms, you may leave home earlier:

- After 10 days without testing; or
- After 7 days with a negative PCR test performed on or after day 6 (must remain in quarantine until results are received)

This means that household contacts may need to remain at home longer than the case.

Examples:

- A case that started to feel well 7 days after onset required isolation until day 10;
 - Household contact that is symptom free must remain quarantined through day 24 (returning to regular activities on day 25) **OR**
 - Household contact that is symptom free must remain quarantined through day 20 without testing (returning to regular activities on day 21) **OR**
 - Household contact that is symptom free must remain quarantined through day 17 if a PCR test was performed on or after day 16 and was negative (returning to regular activities on day 18)
- A case that started to feel well 14 days after onset required isolation through day 16;
 - Household contact that is symptom free must remain quarantined through day 30 (returning to regular activities on day 31) **OR**
 - Household contact that is symptom free must remain quarantined through day 26 without testing (returning to regular activities on day 27) **OR**
 - Household contact that is symptom free must remain quarantined through day 23 if a PCR test was performed on or after day 22 and was negative (returning to regular activities on day 24)



**** If you are able to have complete separation from the person in your house with COVID-19 (this means no contact, no time together in the same room, no sharing of any spaces, such as the same bedroom or bathroom), then follow the time frame for non-household contacts.**

NON-HOUSEHOLD CONTACTS

Recommend quarantine for 14 days after the date of last exposure with the person infected with COVID-19.

If you are not able to stay home for 14 additional days and you do not have symptoms, you may leave home earlier:

- After 10 days without testing; or
- After 7 days with a negative PCR test performed on or after day 6 (must remain in quarantine until results are received).

