

Discontinuation of Home Isolation for Persons with COVID-19 (Interim Guidance)

For Persons with COVID-19 Under Home Isolation:

The decision to discontinue home isolation should be made in the context of local circumstances. Options now include both 1) a time-since-illness-onset and time-since-recovery (non-test-based) strategy, and 2) a test-based strategy.

1) Time-since-illness-onset and time-since-recovery strategy (non-test-based strategy)*

- a. **Persons with COVID-19 who have symptoms** and were directed to care for themselves at home may discontinue home isolation under the following conditions:
 - i. At least 3 days (72 hours) have passed *since recovery* defined as resolution of fever without the use of fever-reducing medications **and** improvement in respiratory symptoms (e.g., cough, shortness of breath); **and**,
 - ii. At least 7 days have passed *since symptoms first appeared*.

2) Test-based strategy (simplified from initial protocol)

- a. Note: previous recommendations for a test-based strategy remain applicable; however, a test-based strategy is contingent on the availability of ample testing supplies and laboratory capacity as well as convenient access to testing. For jurisdictions that choose to use a test-based strategy, the recommended protocol has been simplified so that *only one swab is needed at every sampling*.
- b. **Persons who have COVID-19 who have symptoms** and were directed to care for themselves at home may discontinue home isolation under the following conditions:
 - i. Resolution of fever without the use of fever-reducing medications **and**
 - ii. Improvement in respiratory symptoms (e.g., cough, shortness of breath) **and**
 - iii. Negative results of an FDA Emergency Use Authorized molecular assay for COVID-19 from at least two consecutive nasopharyngeal swab specimens collected ≥ 24 hours

apart** (total of two negative specimens). See [Interim Guidelines for Collecting, Handling, and Testing Clinical Specimens from Persons Under Investigation \(PUIs\) for 2019 Novel Coronavirus \(2019-nCoV\)](#) for specimen collection guidance.

- c. **Individuals with laboratory-confirmed COVID-19 who have not had any symptoms** may discontinue home isolation when at least 7 days have passed since the date of their first positive COVID-19 diagnostic test and have had no subsequent illness.

Footnote

*This recommendation will prevent most, but may not prevent all instances of secondary spread. The risk of transmission after recovery, is likely very substantially less than that during illness.

**All test results should be final before isolation is ended. Testing guidance is based upon limited information and is subject to change as more information becomes available.

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf>