



Patient: DC1 Patient

As a county and state, the importance of preserving testing supplies during the surge of COVID-19 is crucial. Release to return to work and leaving home isolation will follow the symptoms or time based strategy as outlined by the CDC. Tanner Clinic is following the state health department and CDC direction. Retesting is not required to clear from isolation.

Symptom-based strategy

Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions:

- 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**
- At least 10 days have passed *since symptoms first appeared*.

Persons with laboratory-confirmed COVID-19 who have not had any symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions:

- At least 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. If they develop symptoms, then the symptom-based or test-based strategy should be used. Note, because symptoms cannot be used to gauge where these individuals are in the course of their illness, it is possible that the duration of viral shedding could be longer or shorter than 10 days after their first positive test.

We agree that the patient has met the CDC criteria for discontinuing home isolation and can return to work.

Michael D. Kirkham MD

Date