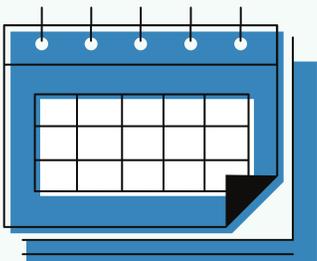


For persons with confirmed or suspected COVID-19 to know when they are likely no longer contagious:

Determining  
the end of isolation

**WITHOUT  
additional  
TESTING**



**If you had COVID-19 symptoms** and were directed to care for yourself at home, you can leave your "sick room" and home after these 3 things have happened:

- ✓ You have had no fever for at least 3 days (that is 72 hours of no fever **without** the use of medicine that reduces fevers), AND
- ✓ Other respiratory symptoms have improved (for example, when your cough or shortness of breath have improved), AND
- ✓ At least 10 days have passed since your symptoms first appeared.

**If you tested positive for COVID-19 and never had any symptoms** and were directed to care for yourself at home, you can leave your "sick room" and home if:

- ✓ At least 10 days\* have passed since the date of your first positive COVID-19 diagnostic (molecular) test, AND
- ✓ You continue to have no symptoms (no cough or shortness of breath) since the test.

\*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 the first positive test.

Determining  
the end of isolation

**WITH  
additional  
TESTING**



**If you had COVID-19 symptoms and will be tested to determine if you are still contagious**, you can leave your "sick room" and home after these 3 things have happened:

- ✓ You no longer have a fever (without fever-reducing medicine), AND
- ✓ Other respiratory symptoms have improved (for example, when your cough or shortness of breath have improved), AND
- ✓ Negative results of an FDA Emergency Use Authorization COVID-19 diagnostic (molecular) test from at least 2 consecutive respiratory specimens collected at least 24 hours apart (total of 2 negative specimens)\*\*.

**If you tested positive for COVID-19 and never had any symptoms and will be tested to determine if you are still contagious**, you can leave your "sick room" and home after receiving:

- ✓ Negative results of an FDA Emergency Use Authorization COVID-19 diagnostic (molecular) test from at least 2 consecutive respiratory specimens collected at least 24 hours apart (total of 2 negative specimens)\*\*.

\*\*All test results should be final before isolation is ended. There have been reports of prolonged detection of RNA without direct correlation to viral culture, however; detecting viral RNA via PCR does not necessarily mean that infectious virus is present.

• A longer time frame after recovery may be desired to minimize the chance of prolonged shedding of active virus for 1) healthcare personnel in close contact with vulnerable persons at high-risk for severe COVID-19 and 2) persons who have conditions that might weaken their immune system. Such persons should consult with their healthcare provider; this might include additional PCR testing.  
 • Healthcare personnel should be excluded from work during isolation and then follow [Return to Work Practices and Work Restrictions](#) of universal source control and self-monitoring for symptoms.  
 • Based on CDC guidance for [Discontinuation of Isolation in Non-Healthcare Settings](#) aimed to prevent most instances of further spread.

A potential exposure means having close contact with a person with COVID-19: being within 6 feet for at least 15 minutes starting from 2 days before the person became sick (or 2 days before specimen collection if asymptomatic) until the person was isolated.

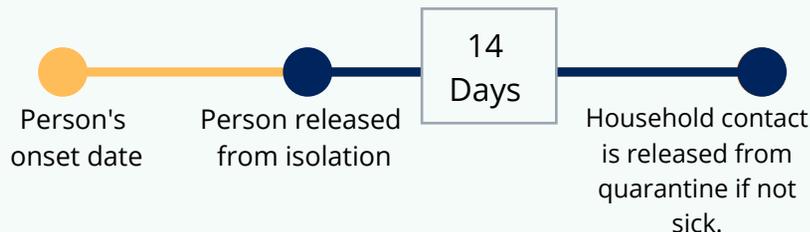


## **HOUSEHOLD CONTACTS**

**Self-quarantine (stay home) and monitor for symptoms** while the person is home and for 14 days after the person has been released from isolation (because exposure is considered ongoing within the house)\*.

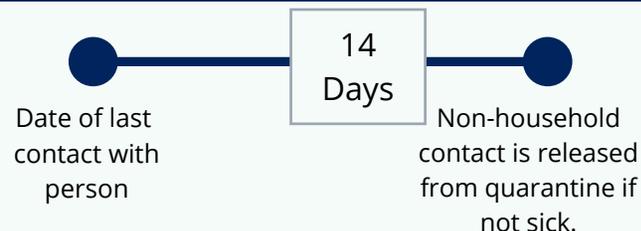
*Note: This means that the household contacts may need to remain at home longer than the initial person with COVID-19*

\*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 same bathroom or bedroom), then follow time frame for non-household contact



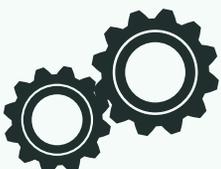
## **NON-HOUSEHOLD CONTACTS**

**Self-quarantine (stay home) and monitor for symptoms** until 14 days after the date of last contact with the person infected with COVID-19.



## **HEALTHCARE PERSONNEL**

Asymptomatic healthcare personnel (HCP) with potential exposure to patients, visitors, or other HCP with COVID-19 may be [assessed for exposures and advised on work restrictions](#) for 14 days after their last exposure. Exposures include close contact when appropriate PPE is not used, especially for aerosol-generating procedures. If staffing shortages occur, it might not be possible to exclude exposed HCP from work; see [CDC strategies to mitigate HCP staffing shortages](#).



## **CRITICAL INFRASTRUCTURE WORKERS**

Personnel filling essential critical infrastructure roles (as defined in [CISA Framework](#)) should self-quarantine for 14 days after their last exposure, but may continue to work if they do not have any symptoms and additional precautions are taken to protect them and the community. Follow VDH recommendations for [critical infrastructure workers \(non-healthcare\) potentially exposed to COVID-19](#).