Guidelines for Discontinuation of Isolation Precautions in Patients with COVID-19 Infection
Under Home Isolation

Limited information is available to characterize the spectrum of clinical illness, transmission efficiency, and the duration of viral shedding for patients with COVID-19.

Interim guidance for discontinuation of Transmission-Based Precautions (or isolation precautions) and disposition of COVID-19 infected patients under home isolation has been developed based on available information about COVID-19. This guidance is subject to change as additional information becomes available.

ADH recommends a symptom-based strategy for discontinuation of home isolation. We strongly recommend against using a test-based strategy for discontinuation of home isolation. This recommendation is based on Arkansas’s current testing capacity for COVID-19 and is subject to change.

Symptom-Based Strategy (formerly called Non-Test Based Strategy)

Persons with confirmed\(^1\) or probable\(^2\) COVID-19 and who have symptoms and were directed to care for themselves at home may discontinue home 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 with progressive improvement or resolution of other symptoms; \textit{and},
- At least 10 days have passed since symptoms first appeared.

This does not apply to immunocompromised patients and those who live in congregate living facilities (retirement communities, nursing homes, prison, homeless shelters etc). Please call the ADH Physicians Line 1-844-930-3023 to discuss these special situations.

Persons with laboratory-confirmed COVID-19 who have not had any symptoms may discontinue home isolation when at least 10 days have passed since the date of their positive COVID-19 diagnostic test, assuming they have not subsequently developed symptoms since their positive test.
1 Confirmed COVID-19 Case:
- Meets confirmatory laboratory evidence, i.e. detection of SARS COV 2 RNA in a clinical specimen

2 Probable COVID-19 Case:
- Meets clinical criteria AND epidemiologic evidence with no confirmatory laboratory testing performed for COVID-19.
- Meets presumptive laboratory evidence (serology) AND either clinical criteria OR epidemiologic evidence.
- A death certificate that lists COVID-19 disease or SARS-CoV-2 as a cause of death or a significant condition contributing to death with no confirmatory laboratory testing performed for COVID-19.
