## How long should quarantine or isolation last?

### QUARANTINE

For people exposed to a person who tested positive COVID-19

- **14** days after last exposure, IF no symptoms have developed.

### ISOLATION

#### For people positive for COVID-19 with symptoms

- **3** days with no fever 100.4°F or greater (without the use of fever-reducing medicines) and improvement in respiratory symptoms (e.g., cough, shortness of breath), **AND**

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

#### For people positive for COVID-19 with NO symptoms

- **10** days have passed since the date of the positive COVID-19 diagnostic test with no illness.

### For people hospitalized for COVID-19

- No fever 100.4°F or greater (without the use of fever-reducing medicines) and improvement in respiratory symptoms (e.g., cough, shortness of breath), **AND**

- Negative results of an FDA Emergency UseAuthorized COVID-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive nasopharyngeal swab specimens collected at least 24 hours apart.

- **3 or 10** days have passed since symptoms first appeared.

Patients who meet the guidelines above and are ready to be released from quarantine or isolation should call 1-800-803-7847 or e-mail [ADH.Coronavirus@arkansas.gov](mailto:ADH.Coronavirus@arkansas.gov) to request a letter of release.