

## Guidance for Release of Persons with Suspected or Confirmed COVID-19 from Transmission-Based Precautions or Isolation

May 9, 2020

In accordance with Center for Disease Control and Prevention, Sacramento County's guidance for discontinuation of isolation or transmission-based precautions is based on a non-test-based strategy. *This guidance does not apply to individuals within congregate or long term care facilities. A separate guidance is available for such persons [here](#).*

The test-based strategy is limited by an inaccurate representation of infectiousness with positive PCR results 9 to 10 days after a patient has recovered from COVID-19. This applies to release of exposed healthcare workers and other employees to work, and persons under home isolation. Due to recent evidence which suggests a longer viral shedding period, the strategies have been updated as follows:

1. *Symptoms-based strategy*

- 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

2. *Time-based strategy (for persons who tested positive without symptoms)*

- 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* 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.

Resource:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/return-to-work.html>

Sincerely,



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