
Guidance for Release from Isolation of residents at Long-Term Care Facilities (LTCFs)

May 4, 2020

Purpose: To provide guidance to LTCFs regarding discontinuing transmission-based precautions and releasing residents from isolation with COVID-19 or residents under investigation or observation within the facility.

In Sacramento County, the decision to discontinue isolation or transmission-based precautions should be made using a non-test-based strategy. 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. Meeting criteria for discontinuation of Transmission-Based Precautions is not a prerequisite for discharge.

Discontinuation of transmission-based precautions for patients with suspect or confirmed COVID-19:

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 14 days have passed since symptoms first appeared

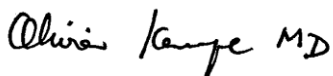
2. *Time-based strategy (for non-symptomatic, confirmed individuals)*

- 14 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. 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.

Resources:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-hospitalized-patients.html>

Sincerely,



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Public Health Officer