

Health Advisory **Recommendations on Duration of Isolation** **or Quarantine for COVID-19** April 23, 2020

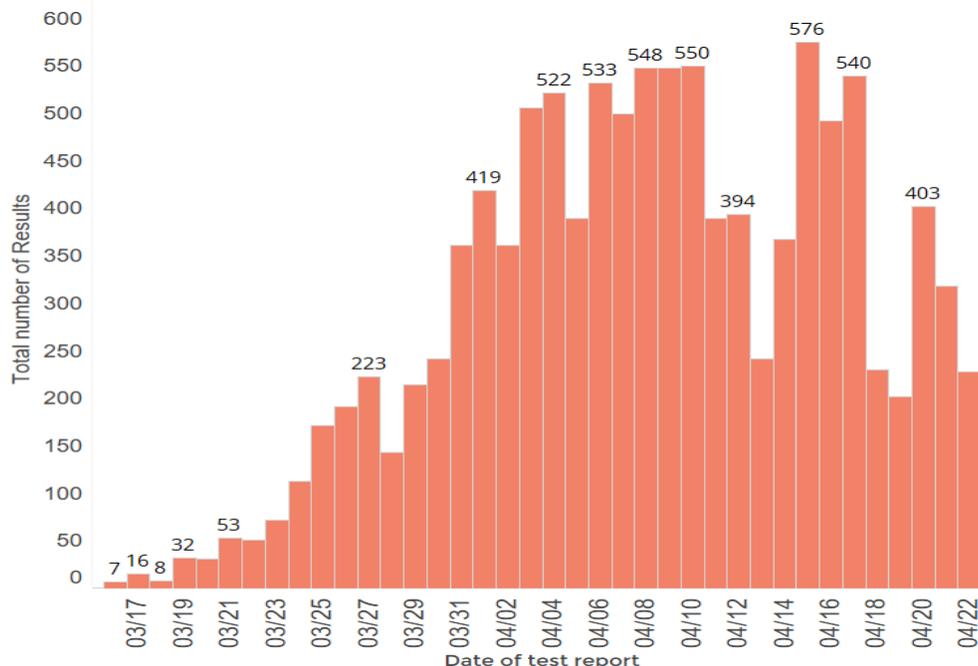
The duration of time that a person with COVID-19 remains infectious is currently unknown. Some individuals will have persistently positive PCR tests for SARS-CoV-2 after symptomatic recovery has occurred. However, it is not clear that such individuals continue to transmit infection. Determining the length of time that an individual must remain in isolation is not exact and should be based on a combination of factors, including circumstances, symptomatology, immune function, and ability to limit potential transmission.

SUMMARY POINTS

- Duration of transmissibility of SARS-CoV-2 from infected persons is unknown.
- Discontinuing isolation or quarantine can be based on either test-based or non-test-based strategies.
- Specific recommendations on when to discontinue isolation/quarantine are provided in attached table.

Strategies to discontinue isolation or quarantine can be classified as either test-based or non-test-based. A test-based strategy requires a negative test at conclusion of illness to permit ending restrictions, whereas, a non-test-based strategy is based on the time-since-illness-onset plus time-since-recovery. A strategic approach to discontinuing isolation must be made in the context of local circumstances, including the availability of testing to guide decisions. The following table summarizes the Department's recommendations for discontinuing isolation or quarantine for persons with or exposed to COVID-19.

Philadelphia: Number of Laboratory-Confirmed COVID-19 Cases



Data may be delayed several days due to reporting timeframe varying between laboratories. Past days will sometimes increase in volumes due to this delay.

URGENT MESSAGE: The Health Department COVID Provider line (215-685-6741) is malfunctioning, as of 4/23. If you cannot reach anyone by the phone, please email your request to COVID@phila.gov.

Criteria to Discontinue Isolation or Quarantine for Persons Exposed to or With Confirmed/Suspected COVID-19

| | Discontinue isolation in infected persons after the following: | Discontinue quarantine for exposed persons after the following: |
|---|---|--|
| <p>Healthcare Workers (includes staff in long-term care, behavioral health, and drug/alcohol treatment facilities)</p> <p><i>During the pandemic, universal masking is recommended for all personnel in healthcare facilities and other congregate settings.</i></p> | <p>Test-Based Strategy: 7 days after onset of symptoms AND 3 days without fever off antipyretics AND respiratory symptoms improving</p> <p>AND</p> <p>1 Negative SARS-CoV2 PCR test NP swab 7 days after onset of symptoms</p> <p>No-Test Strategy: 7 days after onset of symptoms AND 3 days without fever off antipyretics AND respiratory symptoms improving</p> <p>AND</p> <p>Wear masks after return to work for 14 days after symptom onset</p> <p>Asymptomatic: 10 days after positive test</p> | <p>Self-isolate for 7 days after exposure event AND 1 negative SARS-CoV2 test at least 7 days after last exposure</p> <p>AND</p> <p>Continue to self-monitor for symptoms through Day 14</p> <p>OR</p> <p>No work exclusion regardless of exposure risk with twice daily symptom monitoring, including temperature checks</p> <p>AND</p> <p>Wear mask while at work for 14 days after exposure</p> |
| <p>Hospitalized Patients</p> | <p>Symptomatic: 14 days after onset of symptoms AND 3 days without fever off antipyretics AND respiratory symptoms improving</p> <p>Asymptomatic: 14 days after positive test</p> | |
| <p>Non-Hospitalized Patients</p> | <p>Symptomatic: 7 days after onset of symptoms AND 3 days without fever off antipyretics AND respiratory symptoms improving</p> <p>Asymptomatic: 7 days after positive test</p> | |

Criteria to Discontinue Isolation or Quarantine for Persons Exposed to or With Confirmed/Suspected COVID-19

| | Discontinue isolation in infected persons after the following: | Discontinue quarantine for exposed persons after the following: |
|---|---|---|
| Residents in Long-term Care Facilities | <p><i>Symptomatic residents:</i> 14 days after onset of symptoms AND 3 days without fever off antipyretics AND respiratory symptoms improving AND 1 negative SARS-CoV2 PCR test</p> <p><i>Asymptomatic residents:</i> 14 days after positive test</p> <p>NOTE: Patients with COVID-19 do not have to complete isolation prior to transfer to a LTCF. Transfer of a patient with COVID-19 prior to the end of isolation requires communication of the patient's COVID status to the receiving facility, which has the discretion to refuse the patient if they cannot adhere to the infection prevention recommendations and there is risk of transmission to other patients in the facility.</p> | 14 days after last exposure |
| Residents in Other Congregate Settings (i.e. homeless shelters, rehab facilities) | <p><i>Symptomatic:</i> 14 days after onset of symptoms AND 3 days without fever off antipyretics AND respiratory symptoms improving</p> <p><i>Asymptomatic:</i> 14 days after positive test</p> <p>Negative test not required to end isolation</p> | 14 days after last exposure |
| Severely Immunocompromised Persons, including transplant recipients, inherited immunodeficiencies, and poorly controlled HIV | <p>21 days after symptom onset AND 3 days without fever off antipyretics AND respiratory symptoms improving</p> <p><i>Asymptomatic:</i> 21 days after positive test</p> <p><i>Test-Based Strategy</i> requiring 2 negative SARS-CoV-2 PCR tests may also be used.</p> | |