



Changes to Isolation Period for COVID-19 Cases May 7, 2020

- **Minimum of 10-Day Isolation Period for all COVID-19 confirmed or probable cases**
 - Includes both health care workers (HCWs) and non-health care workers
- **14-Day Quarantine Period remains unchanged for close contacts to COVID-19 cases.**

On Friday, May 1, 2020, the Centers for Disease Control and Prevention (CDC) updated the [Criteria for Return to Work for Healthcare Personnel with Suspected or Confirmed COVID-19 \(Interim Guidance\)](#). [Discontinuation of Isolation for Persons with COVID-19 Not in Healthcare Settings](#) has been updated as well.

When ***symptom-based strategies*** are used, 10 days is now consistent for return to work criteria for both HCWs and non-HCWs.

For those individuals who are **asymptomatic**, a ***time-based strategy*** is used and remains 10 days from the first positive COVID-19 diagnostic test. A test-based strategy is also an option, but could prolong release from isolation.

All ***time-based strategies for individuals with symptoms*** continue to include the additional requirement that 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).

Additionally, CDC is **no** longer preferring a ***test-based strategy*** for HCWs.

These updates were made based on evidence that suggests a longer duration of viral shedding and may be revised as additional evidence becomes available. For more details on the available research evaluated in support of time-since-illness-onset and time-since-recovery, review CDC's webpage: [Symptom-based Strategy to Discontinue Isolation for Persons with COVID-19](#).

CDC also removed the name "home isolation" from this guidance to encompass all settings instead of just home, including hotels, dormitories, or group isolation facilities.

Review the two links above and familiarize yourself with both guidance documents. Also attached is the IDPH graphic on [Release from Isolation/Quarantine](#) with the updated timeframes.