



COVID-19: How to discontinue home isolation



COVID-19 is now a global pandemic caused by a transmissible respiratory virus, SARS-Cov-2. Because it is a novel pathogen, limited information is available to characterize the spectrum of clinical illness, transmission efficiency, and the duration of viral shedding for patients with COVID-19. To promote consistent practices based on the best available information, the South Dakota Department of Health (DOH) is providing **recommendations related to decisions about discontinuing isolation and quarantine**. These guidelines are based on preliminary research related to the duration of viral shedding in infected persons, and review of practices by health departments in other jurisdictions.

DEFINITIONS

Isolation separates people who are already sick with a contagious disease from people who are not sick.

Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

RECOMMENDATIONS

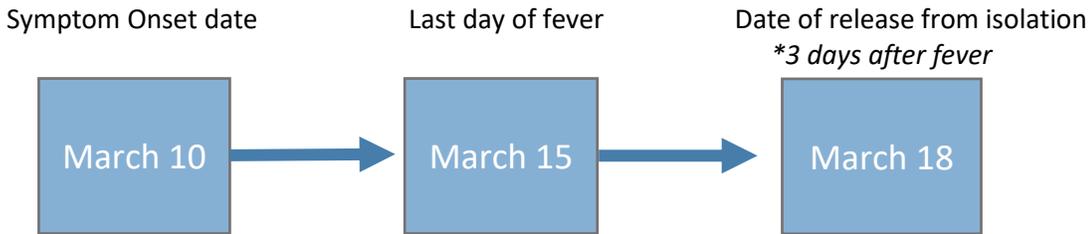
Individuals with confirmed or suspected COVID-19 who have stayed home (home isolated) can stop home isolation under the following conditions:

1. You can leave home isolation after these three things have happened:
 - You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers); **AND**
 - You have had improvement of respiratory symptoms (for example, when your cough or shortness of breath have improved); **AND**
 - At least seven days have passed since your symptoms first appeared.
2. If you have fever with cough or shortness of breath but have not been exposed to someone with COVID-19 and have not tested positive for COVID-19, you should stay home away from others until 72 hours after the fever is gone and symptoms get better.

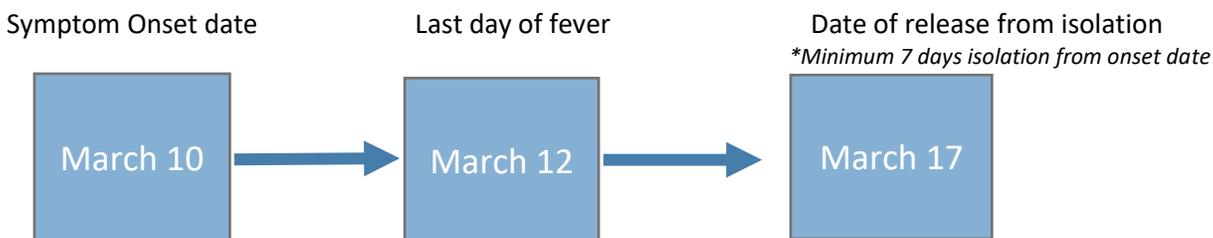
For more information, visit: [cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html)

EXAMPLES

Example 1: Individual with COVID-19

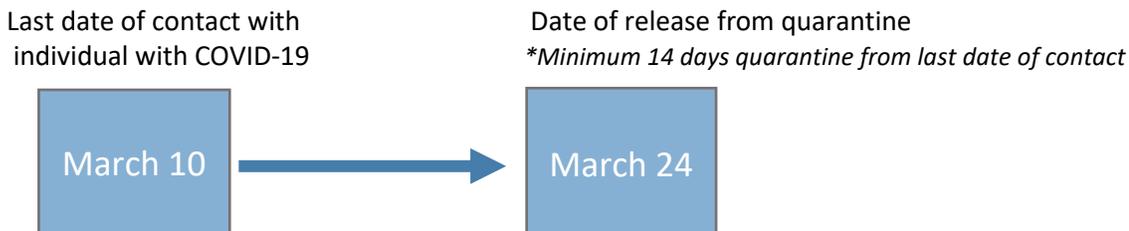


Example 2: Individual with COVID-19



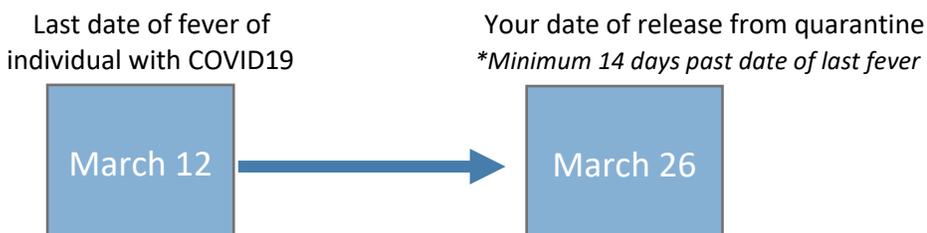
Household contacts of individuals with COVID-19 who are under isolation: If household members are able to self-isolate from the individual with COVID-19 (i.e. separate sleeping and bathroom quarters)

Example 3: Household member in contact with Individual w/COVID-19



Household contact unable to self-isolate: For example, you care for an individual with COVID-19 or you share a bedroom or bathroom.

Example 4: Household member unable to self-isolate



NOTE: This is an **emerging, rapidly evolving situation**. Information in this document is current as of March 19, 2020. Please check the South Dakota Department of Health (DOH) website at [covid.sd.gov](https://www.covid.sd.gov) for the most current information and guidance.