



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) utilizes CDC guidelines as outlined below to provide **recommendations related to decisions about discontinuing isolation**. 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.

DEFINITION

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

RECOMMENDATIONS

The decision to discontinue isolation should be made in the context of local circumstances.

- 1. Time-since-illness-onset and time-since-recovery strategy:** Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions:
 - At least 24 hours have passed since recovery defined as resolution of fever without the use of fever-reducing medications and
 - Improvement in symptoms (e.g., cough, shortness of breath etc.); and,
 - At least 10 days have passed since symptoms first appeared.
- 2. Persons with laboratory-confirmed COVID-19 who have not had any symptoms** may discontinue isolation when:
 - At least 10 days have passed since the date of their first positive COVID-19 diagnostic test and have had no subsequent illness provided they remain asymptomatic. For 3 days following discontinuation of isolation, these persons should continue to limit contact (stay 6 feet away from others) and limit

potential of dispersal of respiratory secretions by wearing a covering for their nose and mouth whenever they are in settings where other persons are present.

- In community settings, this covering may be a barrier mask, such as a bandana, scarf, or cloth mask.
- The use of medical masks or respirator masks is not recommended.

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

- a. You can leave home isolation after these three things have happened:
 - You have had no fever for at least 24 hours (that is one full day of no fever without the use of medicine that reduces fevers); **AND**
 - You have had improvement of symptoms (for example, when your cough or shortness of breath have improved); **AND**
 - At least ten days have passed since your symptoms first appeared.

If you have fever with symptoms (i.e. cough, shortness of breath or other symptoms) 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 24 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)

*****Members of sovereign nations may need to contact their tribal leaders to confirm that they have permission to be released from isolation or quarantine.**

EXAMPLES

Example 1: Individual with COVID-19

Symptom Onset date

Last day of fever

Date of release from isolation. Any symptoms must have also improved.

**Minimum 10 days isolation from onset date*



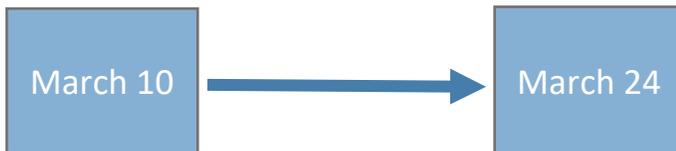
Household contacts of individuals with COVID-19 who are under isolation: If household members are able to self-isolate from the individual with COVID-19 (i.e. separate sleeping and bathroom quarters)

Example 2: Household member in contact with Individual w/COVID-19

Last date of contact with individual with COVID-19

Date of release from quarantine

**Minimum 14 days quarantine from last date of contact*



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

Example 3: Household member unable to self-isolate

Last date of fever of individual with COVID19

Your date of release from quarantine

**Minimum 14 days past date of last fever*



NOTE: This is an **emerging, rapidly evolving situation**. Information in this document is current as of July 28, 2020. Please check the South Dakota Department of Health (DOH) website at [covid.sd.gov](https://www.southdakota.gov/covid.sd.gov) for the most current information and guidance.