

Community
Health Services Provided
By



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Communicable Disease
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Employment & Services
Provided On A
Non-discriminatory Basis

Monday, January 24, 2022

The Centers for Disease Control and Prevention (CDC) has issued guidance for discontinuing home isolation for people who have or are suspected to have had novel coronavirus, also called COVID-19.

Option 1: 10-day isolation (Recommended)

- **Individuals who have either tested positive for COVID-19 or are suspected to have COVID-19.** Home isolation may be discontinued when the following conditions are met:
 - If symptomatic
 - You have had no fever for at least 24 hours (one day) without the use of fever-reducing medicine, and
 - Other symptoms have improved (for example, cough or shortness of breath have improved), and
 - At least 10 days have passed since your symptoms first appeared
 - If asymptomatic
 - At least 10 days have passed since the date of your first positive COVID-19 diagnostic test, assuming you have not subsequently developed symptoms since your first test
 - If you develop symptoms, then the symptom-based strategy for discontinuing home isolation should be used

Option 2: 5-day isolation

- **Individuals who have either tested positive for COVID-19 or are suspected to have COVID-19.** Home isolation may be discontinued when the following conditions are met:
 - If symptomatic
 - At least 5 days have passed since your symptoms first appeared, and
 - Other symptoms have improved (for example, cough or shortness of breath have improved), and
 - Wear a mask around others for 5 additional days
 - If asymptomatic
 - At least 5 days have passed since the date of your positive COVID-19 diagnostic test, assuming you have not subsequently developed symptoms since your first test and
 - If you develop symptoms, then the symptom-based strategy for discontinuing home isolation should be used
 - Wear a mask around others for 5 additional days

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The Jackson County Health Department and CDC recommend individuals who have tested positive for COVID-19 complete a period of isolation per the above guidelines to return to work, school, or other activities. Individuals who are not up-to-date on all recommended doses of a COVID-19 vaccine and are not experiencing symptoms, but are considered to be exposed to an individual with COVID-19 should quarantine according to one of the options listed below:

- Option 1 – 14-day quarantine (CDC Recommended)
 - Stay home for 14 days after last exposure
 - If you don't develop symptoms, return to normal activities on day 15
- Option 2 – 5-day quarantine
 - Stay at home for 5 days after last exposure
 - Return to normal activities on day 6, but must wear a mask for 5 additional days
 - If you develop symptoms, then get tested as soon as possible and stay home

However, anyone who has had close contact with someone with COVID-19 and who meets the following criteria does NOT need to stay home:

- Someone who is up-to-date on all recommended doses of a COVID-19 vaccine and shows no symptoms of COVID-19
 - However, up-to-date people should get tested 5 days after their exposure, even they don't have symptoms, and wear a mask indoors in public for 10 days following exposure.

Or

- Someone who has COVID-19 illness within the previous 3 months and
- Has recovered and
- Remains without COVID-19 symptoms (for example, cough, shortness of breath)

In the event that you feel that you should be evaluated for COVID-19 symptoms, please contact your healthcare provider or urgent care center. Make sure you call ahead to inform the facility of your arrival ahead of time.

A handwritten signature in blue ink that reads 'Charles L. Cohlmia'.

Charles L Cohlmia, Division Manager
Jackson County Health Department