

TO: Hamilton County Political Jurisdictions, Businesses

FROM: Greg Kesterman, Health Commissioner

DATE: July 21, 2020

RE: Updated Guidance for Duration of Isolation

The Centers for Disease Control and Prevention (CDC) updated its guidance for the duration of isolation necessary following COVID-19 diagnosis. This guidance is important in that it will affect the criteria for employees and others infected with COVID-19 to return to work and/or normal activity. The guidance updates are as follows:

- For most persons with COVID-19, isolation and precautions can generally be discontinued 10 days after symptom onset and resolution of fever for at least 24 hours, without the use of fever-reducing medications and with improvement in other symptoms.
- Symptom-based criteria were modified as follows: changed from “*at least 72 hours*” to “*at least 24 hours*” have passed since last fever without the use of fever-reducing medications, and changed from “*improvement in respiratory symptoms*” to “*improvement in symptoms*” to address the expanding [list of symptoms](#) associated with COVID-19.
- A person who has clinically recovered from COVID-19 and then is identified as a contact of a new case within 3 months of symptom onset of their most recent illness does not need to be quarantined or retested for SARS-CoV-2. However, if a person is identified as a contact of a new case 3 months or more after symptom onset, they should follow quarantine recommendations for contacts: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID-19-Quarantine-vs-Isolation.pdf>

These are the biggest changes in guidance for return to work/activity. The following link provides a wealth of information about resuming business and other activities: <https://www.cdc.gov/coronavirus/2019-ncov/community/resuming-business-toolkit.html>. As always, please call anytime with questions.

Stay healthy!

