

CDC Changes Isolation Guidance Following a Positive COVID-19 Test

Previously the Centers for Disease Control and Prevention (CDC) recommended a test-based strategy, as well as a symptom-based strategy, when discontinuing isolation for a person known or suspected to have COVID-19. On July 20, the CDC changed its guidance to state that a test-based strategy is no longer recommended to determine when to discontinue isolation except in certain circumstances. The [CDC-recommended symptom-based strategy](#) is as follows:

Those with COVID-19 symptoms that were directed to care for themselves at home may discontinue isolation under the following conditions:

- At least 10 days have passed since symptom onset;
- At least 24 hours (previously was 72 hours) have passed since the last fever without the use of fever-reducing medications; and
- Other symptoms have improved (previously was only respiratory symptoms).

For persons who never develop symptoms but test positive, isolation and other precautions can be discontinued 10 days after the date of their first positive test.

Additionally, for patients with severe illness, isolation for up to 20 days after symptom onset may be warranted, and patients should consider consultation with infection control experts.

The CDC has stated that the role of testing for discontinuing isolation or precautions should be relatively limited.

- Rapid-result testing could be considered for discontinuing isolation for persons who are severely immunocompromised.
- For all others, a test-based strategy is no longer recommended except to discontinue isolation or other precautions earlier than would occur under the symptom-based strategy outlined above.

All [other testing strategies remain the same](#) as previously outlined on the [KLC COVID-19 Resources Page](#). The CDC will continue to update information as more is learned about COVID-19, so employers are encouraged to monitor the CDC website for changes.

For more information on the CDC's guidance for testing review, please refer to the [CDC website](#) and discuss with your city attorney and the local health department. If you have any questions about this or any other personnel-related matter, please contact KLC Personnel Services Manager Andrea Shindlebower Main or Personnel Services Attorney Courtney Risk Straw.