

Recent Updates

7/29/22 – Removed expired COVID-related emergency rules references

8/15/22 – Updated document to reflect CDC updates:

- Cases without symptoms restart isolation if symptoms develop
- Cases isolate a minimum of 5 days, end of isolation dependent on symptoms (not testing)
- Cases recommended to mask for 10 days. May end earlier depending on symptoms and testing
- Quarantine no longer recommended for contacts
- Contact guidance recommended for all regardless of vaccination status or past infection

TDH posts the latest CDC recommendation so that citizens are informed of the latest advice to assist them in making their personal healthcare choices.

Isolation Guidance for Cases

CDC recommends that people with COVID-19 (cases) isolate for a minimum of 5 days after onset and may be released after they are without fever for 24 hours (without fever-reducing medication) and show improvement in symptoms. Cases without symptoms should isolate through 5 days after their specimen collection date.

CDC recommends that people with COVID-19 wear a mask when around others for 10 full days following onset/specimen collection. Mask wearing can end earlier than day 10 if the person is without fever, showing symptom improvement and has two sequential negative antigen tests 48 hours apart.

Minimum 5 days of isolation at home	24 hours	Continue masking around others for add'l 5 days
DAY 0 – Symptom onset date or specimen collection date if not experiencing symptoms. Wear a mask around others to reduce risk of transmission.	WITHOUT FEVER AND SYMPTOM IMPROVEMENT	DAY 6 – released from isolation; return to regular activities. Continue to mask around others.
		DAY 10

Notes:

- If cases had no symptoms at the time of their positive test and later develop symptoms within 10 days of when they were tested, then they should restart their isolation with day 0 as the day of symptom onset.
- Some severely ill patients may need to isolate for a longer time period.
- Lingering cough or loss of taste or smell should not prevent a case from being released from isolation.
- If a follow-up PCR test is positive, cases do not need to re-enter isolation as long as they have completed the 5-day isolation and had symptom improvement for a minimum of 24 hours.

Guidance for People Exposed to COVID-19

CDC recommends that people who were exposed to COVID-19 (contacts) take precautions for 10 days after their exposure regardless of their vaccination status or if they have had a previous infection. Precautions include wearing a mask, watching for COVID-19 symptoms, and getting tested for COVID-19.

Wear a mask

Contacts should wear a mask as soon as they find out they were exposed. They should wear a mask for 10 days after their last exposure to someone with COVID-19.

Watch for symptoms

Contacts should watch for COVID-19 symptoms. If they develop symptoms (fever [100.4°F or greater], cough, shortness of breath) they should get tested and stay home until they know the result. If they test positive, they should follow case isolation guidance.

Get tested

Contacts should get tested for COVID-19 at least 5 full days after their last exposure. If the test is negative, they should continue mask wearing through day 10. If they test positive, they should follow case isolation guidance.

10 days precautions

DAY 0 – Last day of exposure to COVID-19. Begin precautions: Wear a mask when around others and monitor for symptoms.

DAY 6 – Get tested.
Continue to wear a mask when around others.

DAY 10
End precautions.

Household contacts

A household contact is an individual who shares any living spaces with a case, including bedrooms, bathrooms, living rooms, kitchens, etc. **Household contacts that cannot separate from the case in the home** should wear a mask while around the case, watch for symptoms and get tested 5 full days after initial exposure to the case. They may consider testing again 5 full days after the end of the case's isolation.

Healthcare Personnel

CDC recommends that healthcare personnel (including those working in long term care facilities) should refer to guidance below for isolation and quarantine guidance:

- [Interim Guidance for Managing Healthcare Personnel with SARS-CoV-2 Infection or Exposure to SARS-CoV-2](#)
- [Interim Infection Prevention and Control Recommendations for Healthcare Personnel During the Coronavirus Disease 2019 \(COVID-19\) Pandemic](#)
- [Interim Infection Prevention and Control Recommendations to Prevent SARS-CoV-2 Spread in Nursing Homes](#)

K-12 Schools

Schools may adopt response strategies and policies for illness consistent with their needs for maintaining safe operations.