



HEALTH ALERT

Updated Isolation Guidance
7/29/2020

Background Information:

On July 22, 2020 the Centers of Disease Control and Prevention (CDC) updated their clinical guidance on the discontinuation of isolation of individuals with COVID-19 in non-healthcare settings. The guidance discourages a test-based strategy to determine when to discontinue home isolation, instead recommending returning to work based on symptoms. It modifies these symptom-based criteria to 24 hours after resolution of fever without fever reducing medications with improvement in other symptoms and 10 days following symptom onset as sufficient for most patients to prevent spread from known or suspected COVID-19 positive residents.

- Isolation time after resolution of fever was changed from 72 hours to 24 hours.
- Under these guidelines, isolation for symptomatic or confirmed positive cases will continue to last a minimum of 10 days w/fever resolution guiding additional days of isolation.
- Evidence from the CDC indicates that patients who never develop symptoms but test positive for COVID-19 via PCR have minimal risk of spread 10 days after their test date.
- Patients with severe illness or who are severely immunocompromised may require different isolation periods and discontinuation strategies necessitating consultation with an infectious disease physician
- Cases have tested positive for up to 3 months after symptom resolution without viable virus, suggesting repeat positive testing does not necessarily indicate sustained contagiousness and necessitating a symptom based approach to ending isolation.

On July 15, 2020, the Health Officer of the City of Berkeley issued a blanket isolation order for all known or suspected COVID-19 positive residents and blanket quarantine order for all close contacts of known or suspected cases.

Please distribute to all providers and staff in your practice.

Health ALERT: conveys the highest level of importance; warrants immediate action or attention.

Health ADVISORY: provides important information for a specific incident or situation; may not require immediate action.

Health UPDATE: provides updated information regarding an incident or situation; unlikely to require immediate action.



Actions requested:

To fulfill the Order's requirements, all Clinicians must:

- Use the symptom based strategies outlined in this alert and endorsed by the CDC for ending isolation and avoid using repeated testing to determine eligibility for ending isolation.
- Instruct patients who test positive for COVID-19, are likely positive based on clinical symptoms, or have symptoms and recent contact with known COVID-19 positive individual to isolate themselves at home and not enter any public or private space aside from seeking medical care. **Isolation should last until the patient has no longer had a fever for >24 hours with improvement of other symptoms AND it has been 10 days since the onset of symptoms.**
- Provide known or suspected COVID-19 positive patients with guidance on isolation requirements found in the "Home Isolation Instructions for People with Coronavirus-2019 (COVID-19) Infection and People Awaiting COVID-19 Test Results", which is available in both [English](#) and [Spanish](#).
- Instruct patient to notify others living in the same residence or with close contact (<6 feet for >15 minutes) to patient that they must quarantine at home for 14 days from last date that they were last in contact with the infected person. Refer close contacts or co-habitants of patient to the "Home Quarantine Guidance for Close Contacts to Coronavirus Disease 2019 (COVID-19)" document" which is available in [English](#) and [Spanish](#).
- Continue to Prioritize COVID-19 testing in persons meeting updated CDC and California Department of Public Health (CDPH) criteria regardless of which laboratory is performing testing. See [CDC testing guidelines](#) and [CDPH testing guidelines](#)

Resources:

[CDC Duration of Isolation and Precautions for Adults with COVID-19](#)

We appreciate your help and support in protecting the residents of our community

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