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Coronavirus Disease 2019 (COVID-19) Outbreak, Update # 14 *Updated CDC Guidance on Removal from Isolation and Discontinuation of Transmission-Based Precautions*

Key Points and Recommendations:

- The U.S. Centers for Disease Control and Prevention (CDC) has updated their guidance about removing patients with suspect or confirmed COVID-19 from isolation and discontinuing use of transmission-based precautions:
 - [Discontinuation of Isolation for persons in non-healthcare/home settings](#)
 - [Discontinuation of transmission-based precautions in healthcare settings](#)
 - [Return to work criteria for healthcare personnel](#)
- In general, a person can be removed from isolation and COVID-19 precautions if at least 10 days have passed since symptoms first began, as long as the person has also been afebrile (off fever-reducing medications) and symptoms have been improving for at least 72 hours. This new 10 day/72 hour criteria is the CDC's "symptom-based strategy".
- Asymptomatic persons can be removed from isolation and precautions after 10 days have passed from the date of the person's first positive COVID-19 test, assuming the person does not subsequently develop symptoms (then the symptom-based criteria should be used).
- The U.S. CDC has published a review of the science surrounding the changes to their guidance, and we encourage providers to review [here](#). Per CDC, "replication-competent virus has not been successfully cultured more than 9 days after onset of illness."
- A test-based criteria remains, but we recommend using the symptom-based criteria for most situations (i.e. removal from home isolation, discontinuation of healthcare precautions, determining when healthcare personnel can return to work) except for individuals who are severely immunocompromised (see [CDC guidance](#) for immunocompromised persons).
 - CDC has removed their preference for a test-based strategy for allowing healthcare personnel return to work
 - CDC has removed their preference for a test-based strategy for healthcare settings and long-term care facilities
- If a patient with COVID-19 is discharged to a nursing home or other long-term care facility and they have met the CDC criteria for removal from isolation and precautions but the patient has persistent symptoms, the patient should be placed in a single room, be restricted to their room to the extent possible, and wear a facemask (if tolerated) during care activities until all symptoms are completely resolved or at baseline.

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Additional Information

- NH DHHS COVID-19 website: <https://www.nh.gov/covid19/>
- CDC COVID-19 website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
 - CDC Information for Healthcare Professionals:
<https://www.cdc.gov/coronavirus/2019-nCoV/guidance-hcp.html>
- World Health Organization COVID-19 website:
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- For any questions regarding this notification, please call the NH DHHS, DPHS, Bureau of Infectious Disease Control at (603) 271-4496 during business hours (8:00 a.m. – 4:30 p.m.).
- If you are calling after hours or on the weekend, please call the New Hampshire Hospital switchboard at (603) 271-5300 and request the Public Health Professional on-call.
- To change your contact information in the NH Health Alert Network, please send an email to DHHS.Health.Alert@dhhs.nh.gov.

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From: Benjamin P. Chan, MD, MPH, State Epidemiologist
Originating Agency: NH Department of Health and Human Services, Division of Public Health Services

Attachments: none