



December 1, 2020

Dear Community Partner/Employer/Business Owner,

Due to overwhelming caseloads, **the health department will no longer provide documentation clearing individuals from COVID-19 related quarantine and isolation.** You can determine when your employees are safely able to return to work by the following guidance:

**When to end quarantine<sup>1</sup>:**

- 14 days **after** the last contact with a person who is contagious with COVID-19.
  - For explanations of several scenarios with illustrations of how to calculate the days, see <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

**When to end isolation<sup>1</sup>:**

- **If symptoms were present and they think or know they had COVID-19:**
  - Can return to normal activities when it has been:
    - At least 10 days<sup>2</sup> since symptoms first appeared **and**
    - At least 24 hours with no fever without fever-reducing medication **and**
    - Other symptoms of COVID-19 are improving (Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation)
- **If they tested positive for COVID-19 but had no symptoms:**
  - Can return to normal activities when it has been:
    - 10 days since the date the positive test was performed
      - If symptoms develop after test date, then follow the guidance above for *"If symptoms were present..."*

**NOTE: You SHOULD NOT REQUIRE a negative COVID-19 test to discontinue isolation.** The PCR test for COVID-19 can be falsely positive for 12 or more weeks after illness. Other than those listed in footnote #2 below, people aren't able to infect others past 10 days from when their symptoms started. See <https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html> for further discussion and references.

Please see our [employer toolkit](#) for additional resources and frequently asked question to assist you in handling COVID-19 positive employees. We apologize for any inconvenience this may cause you. Contact us by calling 1-800-432-4121 with any questions.

Sincerely,

Dr. Joshua Meyerson, MD, MPH  
Medical Director

Lisa Peacock, MSN, RN, WHNP-BC  
Health Officer

<sup>1</sup> *Quarantine* keeps someone who might have been exposed to the virus away from others. *Isolation* keeps someone who is infected with the virus away from others, even in their home.

<sup>2</sup> 20 days from onset of symptoms are recommended for those that were sick enough to be in the ICU or intubated, or are severely immunocompromised (which is anyone on chemotherapy, within one year of a stem cell transplant or organ transplant, have untreated HIV, are taking 20mg or more of prednisone for 14 days or longer). Have your employee consult with their healthcare provider as needed.

