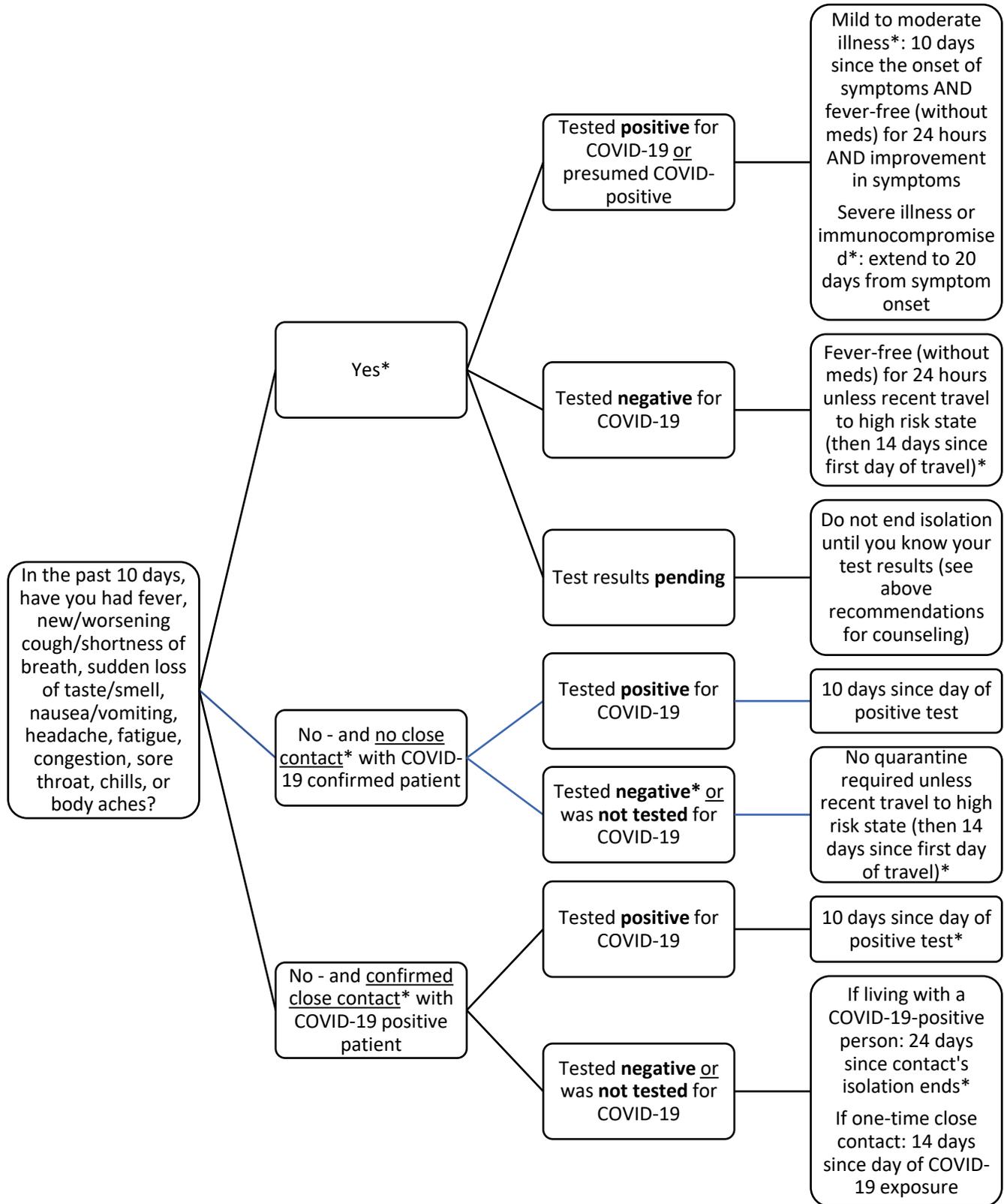




### Return to Work and End of Home Isolation or Quarantine Guidance (Symptom- /Time-Based Strategy\*)





## \*Notes

- **Per CDC guidance, a test-based strategy is no-longer recommended to help determine return-to-work or discontinuation of isolation.** From the CDC's website: *Sick employees should follow [CDC-recommended steps](#). Employees should not return to work until the criteria to [discontinue home isolation](#) are met, in consultation with healthcare providers.*
- Per CDC guidance, not all symptoms need to resolve prior to returning to work (e.g. loss of taste or smell, headache). Respiratory symptoms should be improved to the point that the patient feels able to work.
- All patients ending isolation/returning to work should practice social distancing, hand hygiene, and universal masking, and should report new or worsened symptoms to their manager and healthcare provider.
- For patients whose employers still require RTW testing for COVID-19, a single negative test result should be adequate for RTW if the patient is asymptomatic and did not previously test positive. Note that false negative rates on Abbott POC testing have been reported to be as high as 13% at MedStar Health offices and that you may consider requiring a second negative test prior to RTW if this platform is used.
- Close contact is defined as: a) being within approximately 6 feet of a COVID-19 case for a prolonged period of time, which can occur while caring for, living with, visiting, or sharing a health care waiting area or room with a COVID-19 case, **or** b) having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on).
- The period of viral incubation after exposure is 2-14 days; asymptomatic patients who live with a COVID-19-positive person should self-quarantine for 14 days from time of exposure and watch for symptom development PLUS at least 10 additional days to reflect the total period the contact is infectious and can pass on the infection (at least 24 days). Patients with one-time close contact should self-quarantine for 14 days after contact. The period of viral transmission after infection is 10 days; any patient who tested positive should self-isolate/self-quarantine for at least 10 days to prevent viral spread.
- Patients returning from out-of-state travel should self-quarantine for 14 days if required by local health department/state regulations. Consult local health department or state website for guidance.
- Please refer to end of isolation guidance for determination of what constitutes mild, moderate, or severe illness and immunocompromise: <https://www.covid19.medstarapps.org/wp-content/uploads/2020/06/Discontinuation-of-Isolation-for-COVID-Positive-Patients.pdf>