



## Isolation and Quarantine Timeframes for COVID-19 for Non-Healthcare Personnel

Key Terms	<b>Isolation</b> separates people with an infectious disease, like COVID-19, from people who are not sick.
	<b>Quarantine</b> separates people who were exposed to an infectious disease to see if they may become sick.
	<b>Cases</b> include anyone who has tested positive with a molecular or antigen diagnostic test, whether or not they have any symptoms. Cases also include close contacts who develop symptoms consistent with COVID-19, but may not have been tested.
	<b>Close contact</b> is generally defined as being within 6 feet for at least 15 minutes and includes household contacts, intimate partners, and in-home caregivers, starting 2 days before symptoms appeared or specimen collection date (whichever was earlier). Distance could be longer and time shorter, depending on the exposure level and setting.

<p><b>Cases</b> (<i>includes symptomatic Close Contacts</i>)</p> <ul style="list-style-type: none"> <li>✓ <u>Must</u> be isolated for at least 10* days after symptoms first appeared <b>and</b></li> <li>✓ At least 24 hours have passed since last fever (without the use of fever-reducing medications <b>and</b></li> <li>✓ Symptoms have improved.</li> </ul> <p><i>Symptoms may include any of the following: cough, shortness of breath, difficulty breathing, new olfactory disorder, new taste disorder, fever (measured or subjective), chills, rigors, myalgia, headache, sore throat, nausea/vomiting, diarrhea, fatigue, or congestion/runny nose.</i></p> <p>* Severely immunocompromised or persons with severe illness may be infectious beyond the 10 days and should isolate for at least <b>20 days</b>. For these individuals, to end isolation early, 2 negative PCR test results, collected more than 24 hours apart may be used.</p> <p>➤ Cases who <u>never developed symptoms</u> may discontinue isolation 10 days after the collection date of their 1<sup>st</sup> positive PCR specimen.</p> <p>Recent evidence does not support retesting patients within 3 months of their first positive result, if not symptomatic.  <a href="https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html">https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html</a></p>
<p><b>Close Contacts</b> (<i>without symptoms</i>)</p> <p><u>Must</u> be quarantined for 14 days after the last/most recent contact with the case when the case was infectious. Test results, whether negative viral test or positive antibody test, cannot shorten the 14 days. Contacts that share a room/living quarters (i.e., have ongoing contact with the case) should separate if possible, but otherwise will need to quarantine throughout the case's isolation plus an additional 14 days after case is released from isolation.</p>

Healthcare Personnel (HCP), please refer to this guidance: <https://alabamapublichealth.gov/covid19/assets/cov-timeframes-isolation-quarantine-hcp.pdf>