



## Updated Isolation and Quarantine Timeframes for COVID-19 for Non-Healthcare Personnel (10\*/10)

*Isolation separates people with an infectious disease, like COVID-19, from people who are not sick.*

### **Cases** (includes symptomatic Close Contacts)

- ✓ Must be isolated for at least **10\* days** after symptoms first appeared and
- ✓ At least 24 hours have passed since last fever (without the use of fever-reducing medications and
- ✓ Symptoms have improved.

*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.*

*\* Severely immunocompromised or persons with severe illness may be infectious beyond the 10 days and should isolate for at least 20 days. For these individuals, to end isolation early, 2 negative PCR test results, collected more than 24 hours apart may be used.*

- Cases who never developed symptoms may discontinue isolation 10 days after the collection date of their 1st positive PCR specimen.

Evidence does not support retesting patients within 3 months of their first positive result, if not symptomatic. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html>

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*Quarantine separates persons exposed to an infectious disease to see if they may become sick.*

### **New! Close Contacts** (without symptoms)

The COVID-19 incubation period and the ideal length of quarantine continues to be 14 days after last exposure to the case. If 14 days of quarantine is not practical, **10 days is acceptable** in order to improve compliance **if** the following conditions are met:

- Continue to monitor for symptoms daily through day 14.
- If any one of the following symptoms are observed, isolate immediately and seek testing: fever, cough, shortness of breath, difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea.
- Wear a mask, stay at least 6 feet from others, avoid crowds, wash hands frequently, and take other steps to prevent the spread of COVID-19 in case infectious without symptoms for full 14-day period and beyond.

Long-term care facilities, correctional facilities, and other congregate settings where safe distancing is not always feasible, and populations may be at increased risk disease transmission, severe complications, or death should continue to follow the 14-day quarantine recommendation.

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**Healthcare Personnel (HCP)**, continue to refer to this guidance:

<https://alabamapublichealth.gov/covid19/assets/cov-timeframes-isolation-quarantine-hcp.pdf>

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