Interim Guidance for Discontinuation of Home Isolation for Patients with Suspected or Confirmed Coronavirus Disease 2019 (COVID-19)

March 17, 2020

Unless otherwise instructed by their local health department, patients with COVID-19 who are not hospitalized should remain isolated at home until one of the following conditions is met:

1. At least 3 days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath); and, at least 7 days have passed since symptoms first appeared.

or

2. Resolution of fever without the use of fever-reducing medication), and improvement in respiratory symptoms (e.g., cough, shortness of breath), and 2 negative test results conducted on specimens collected at least 24 hours apart.

Healthcare providers and others who work in high-risk settings should check with their employer or occupational health program to determine whether additional criteria must be met before return to work.

For additional information, see NC DHHS Guidance for Health Care Providers, Hospitals and Laboratories.

Note: Persons undergoing testing for COVID-19 (Persons Under Investigation) can be released from isolation if results of testing are negative.