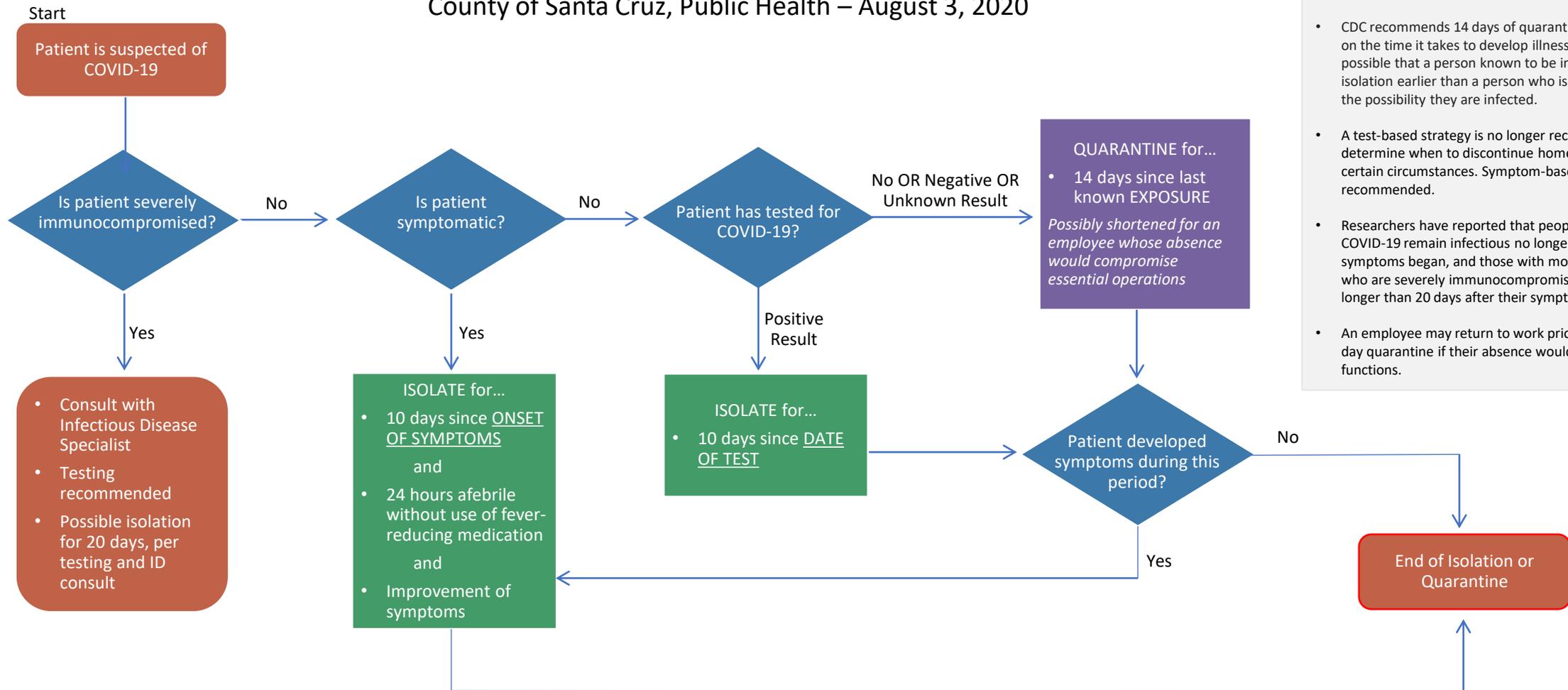


# Workflow for medical providers to determine general isolation and quarantine guidance for patients suspected of COVID-19

County of Santa Cruz, Public Health – August 3, 2020



## Key Messages:

- Isolation separates sick people with a contagious disease from people who are not sick.
- Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.
- CDC recommends 14 days of quarantine after exposure based on the time it takes to develop illness if infected. Thus, it is possible that a person known to be infected could leave isolation earlier than a person who is quarantined because of the possibility they are infected.
- A test-based strategy is no longer recommended to determine when to discontinue home isolation, except in certain circumstances. Symptom-based strategy is recommended.
- Researchers have reported that people with mild to moderate COVID-19 remain infectious no longer than 10 days after their symptoms began, and those with more severe illness or those who are severely immunocompromised remain infectious no longer than 20 days after their symptoms began.
- An employee may return to work prior to the end of the 14-day quarantine if their absence would compromise essential functions.

## References:

CDC Clinical Care Guidelines to Discontinue Home Isolation: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>

CDC Personal Care Guidelines for Self-Quarantine: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

CDPH Guidance on Isolation and Quarantine for Contact Tracing: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx>