



March 28, 2020

## Health Advisory: COVID-19 Release From Home Isolation

### SUMMARY

- Widespread, ongoing community transmission of COVID-19 is occurring in the New York City metropolitan region of New York State.
- The criteria in New York State for release from mandatory home isolation is now being revised to use the [Centers for Disease Control and Prevention's \(CDC\) non-test-based strategy](#).
- [Release of immunocompromised persons with COVID-19](#) from isolation (e.g., medical treatment with immunosuppressive drugs, bone marrow or solid organ transplant recipients, inherited immunodeficiency, poorly controlled HIV) should be discussed in advance with NYSDOH.

### RELEASE OF SYMPTOMATIC INDIVIDUALS ON ISOLATION

- Symptomatic individuals who were confirmed as having COVID-19 may discontinue home isolation once they meet the following conditions:
  - 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*.
- This approach will prevent most, but may not prevent all, instances of secondary spread. The risk of transmission after recovery is likely substantially less than that during illness.
  - To further reduce the risk, individuals returning from isolation should continue to practice proper hygiene protocols (e.g., hand washing, covering coughs) and avoid prolonged, close contact with vulnerable persons (e.g. compromised immune system, underlying illness, 70 years of age or older).

### RELEASE OF ASYMPTOMATIC INDIVIDUALS ON ISOLATION

- Asymptomatic individuals who were confirmed as having COVID-19 may discontinue home isolation under the following conditions:
  - At least 7 days have passed *since the date of their first positive COVID-19 diagnostic test*; **AND**
  - The individual has had no subsequent illness.