COVID-19 Discontinuation of Self-Isolation
REVISED 07/26/2020

For discontinuation of self-isolation, The city of El Paso Department of Public Health and CDC recommend the symptom-based method for those with symptoms during their infection or the time-based method for those who tested positive without symptoms. The test-based method is no longer recommended.

Symptom-based method (no severe illness or severe immunocompromise)

Maintain isolation until:
- At least 10 days have passed since symptoms first appeared; AND
- At least 1 day (24 hours) have passed WITHOUT fever and without the use of fever-reducing medications; AND
- Improvement in symptoms

Symptom-based method (severe illness or severe immunocompromise)

Maintain isolation until:
- At least 20 days have passed since symptoms first appeared. AND
- At least 1 day (24 hours) have passed WITHOUT fever and without the use of fever-reducing medications; AND
- Improvement in symptoms

Time-based method (tested positive without symptoms)

Maintain isolation until:
- At least 10 days have passed since the date of their most recent positive COVID-19 diagnostic test AND
- Continue without having any symptoms (assuming they have not subsequently developed symptoms since their positive test.)
- If a case has a severe immunocompromising condition without symptoms, at least 20 days should have passed since the date of first positive specimen collected.

NOTE: If they develop symptoms, then the symptom-based strategy should be used based on the date of symptom onset.

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Discontinuation of Self-Isolation: Return-to-Work Criteria for Healthcare Personnel or First Responders with Suspected or Confirmed COVID-19.

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Except in rare situations, a test-based strategy is no longer recommended to determine if healthcare personnel can return to work. The City of El Paso Department of Public Health and CDC recommend the symptom- or time-based method for discontinuation of self-isolation.

**Symptom-based method (no severe illness or severe immunocompromise)**

Return to work following:
- At least 10 days have passed since symptoms first appeared; AND
- At least 1 day (24 hours) have passed WITHOUT fever and without the use of fever-reducing medications; AND
- Improvement in symptoms

**Symptom-based method (severe illness or severe immunocompromise)**

Return to work following:
- At least 20 days have passed since symptoms first appeared. AND
- At least 1 day (24 hours) have passed WITHOUT fever and without the use of fever-reducing medications; AND
- Improvement in symptoms

**Time-based method: for healthcare personnel with laboratory-confirmed COVID-19 who have not had any symptoms:**

Maintain isolation until:
- At least 10 days have passed since the date of their most recent positive COVID-19 diagnostic test AND
- Continue without having any symptoms (assuming they have not subsequently developed symptoms since their positive test.)
- If a case has a severe immunocompromising condition without symptoms, at least 20 days should have passed since the date of first positive specimen collected.

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NOTE: If they develop symptoms, then the symptom-based strategy should be used based on the date of symptom onset.

OPTIONAL: Test-Based Strategy for HCW or FR to Return to Work Sooner.

In some instances, a test-based strategy could be considered to allow HCP to return to work earlier than the recommended isolation time used by the symptom-based strategy.

This test-based strategy criteria should only be used in the following circumstances:

**HCP who are not symptomatic:**

- NEGATIVE Results using an FDA-authorized molecular viral assay to detect SARS-CoV-2 RNA performed 5-7 days after first positive test.

NOTE: If test performed at 5-7 days is POSITIVE, then follow time-based strategy.

Reference: