



Public Health Update

Interim Guidance for Discontinuation of Transmission-Based Precautions and Disposition of Hospitalized Patients with COVID-19; Interim Guidance on Discontinuation of Home Isolation for Persons with COVID-19

March 19, 2020

Situation

The Centers for Disease Control and Prevention (CDC) has provided interim guidance for discontinuation of transmission-based precautions and disposition of hospitalized patients with COVID-19, as well as interim guidance on discontinuation of home isolation for persons with COVID-19. The Southern Nevada Health District (SNHD) recommends following these new CDC guidelines. The updated guidance can be accessed at the following links:

- “Interim Guidance for Discontinuation of Transmission-Based Precautions and Disposition of Hospitalized Patients with COVID-19” (<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-hospitalized-patients.html>)
- “Discontinuation of Home Isolation for Persons with COVID-19 (Interim Guidance)” (<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>).

Recommendations

Discontinuation of Transmission-Based Precautions for Hospitalized Patients with COVID-19:

The decision to discontinue Transmission-Based Precautions for hospitalized patients with COVID-19 should be made on a case-by-case basis. Considerations to discontinue Transmission-Based Precautions include all of the following:

- Resolution of fever, without use of antipyretic medication.
- Improvement in illness signs and symptoms.
- Negative results of a COVID-19 test from at least two consecutive NP specimens collected ≥ 24 hours apart.

Disposition of Hospitalized Patients with COVID-19:

- Patients can be discharged from the healthcare facility whenever clinically indicated.
- Isolation should be maintained at home if the patient returns home before the decision is made to discontinue Transmission-Based Precautions. The decision to send the patient home should be made in consultation with the patient’s clinical care team and the Southern Nevada Health District and should include considerations of the home’s suitability for and patient’s ability to adhere to home isolation recommendations, and potential risk of secondary transmission to household members with immunocompromising conditions.

Discontinuation of Home Isolation for Persons with Laboratory Evidence of COVID-19 Who Have Also Had Symptoms:

Home isolation of persons with laboratory evidence of COVID-19 who have also had symptoms can be discontinued provided one of the following options are met:

- **Time-since-illness-onset and time-since-recovery strategy (non-test-based strategy)**
 - 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*.
- **Test-based strategy**
 - Resolution of fever, without use of fever-reducing medications **and**
 - Improvement in respiratory symptoms (e.g., cough, shortness of breath) **and**
 - Negative results of a COVID-19 test from at least two consecutive NP specimens collected ≥ 24 hours apart.

Discontinuation of Home Isolation for Persons with Laboratory Evidence of COVID-19 Who Have Not Had Any Symptoms:

Home isolation of persons with laboratory evidence of COVID-19 who have not had symptoms can be discontinued when at least 7 days have passed since the date of their first positive COVID-19 diagnostic test, provided they have had no subsequent illness.

Resources

CDC - Interim Guidance for Discontinuation of Transmission-Based Precautions and Disposition of Hospitalized Patients with COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-hospitalized-patients.html>

CDC - Discontinuation of Home Isolation for Persons with COVID-19 (Interim Guidance): <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>

CDC - Interim Guidelines for Collecting, Handling, and Testing Clinical Specimens from Persons for Coronavirus Disease 2019 (COVID-19): <https://www.cdc.gov/coronavirus/2019-nCoV/lab/guidelines-clinical-specimens.html>



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Health Alert: conveys the highest level of importance; warrants immediate action or attention

Health Advisory: provides important information for a specific incident or situation; may not require immediate action

Health Update: provides updated information regarding an incident or situation; unlikely to require immediate action

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