



## For Local Health Department Use: Summary of Maryland Department of Health Recommendations for Isolation and Quarantine Related to COVID-19

**All Maryland residents should monitor themselves for symptoms and isolate themselves if they start to experience symptoms of illness.**

**All persons who experience symptoms consistent with COVID-19** should remain in isolation until a) at least 72 hours have passed since recovery defined as resolution of fever without the use of fever reducing medications *and* improvement in respiratory symptoms **AND** b) at least 7 days have passed since symptoms first appeared. Note that this is the **same** as the recommendation as for persons with confirmed COVID-19; this is because persons with symptoms consistent with COVID-19 may possibly infected with COVID-19 and we encourage them to proceed accordingly.

### **Additional recommendations:**

While isolation of cases and quarantine of close contacts are important interventions to help limit COVID-19 transmission, MDH recognizes that other public health actions are also critical and, as the number of cases increases, intervening in all individual cases is not feasible; however, the following guidance is provided to help health departments with isolation and quarantine questions:

**Persons who test positive for COVID-19 while symptomatic** must self-isolate. They must remain in isolation until a) at least 72 hours have passed since recovery, defined as resolution of fever without the use of fever reducing medications *and* improvement in respiratory symptoms **AND** b) at least 7 days have passed since symptoms first appeared. Signed isolation agreements are not required.

**Persons who test positive for COVID-19 while asymptomatic**, and who remain asymptomatic, must self-isolate. They must remain in isolation until 7 days after the date their first positive COVID-19 specimen was collected. Signed isolation agreements are not required.

**Contacts of infectious COVID-19 case patients who are not healthcare workers** should remain at home in quarantine for 14 days following the last date of contact and isolate themselves in the home. Signed isolation agreements are not required.

**Contacts of infectious COVID-19 case patients who are healthcare workers** may continue to work, but must work masked at all times, monitor themselves for symptoms, and leave work and enter isolation at the first signs of illness.

*Definitions for “infectious” and “contact” are shown on the next page.*

**The following can be used to guide who is a contact of a person with infectious COVID-19.**

**Infectious:** A person with laboratory-confirmed COVID-19 is considered **infectious** and can spread the virus to others during the following period:

- Beginning 48-hours before the onset of the first symptom
- Ending when criteria for end-of-isolation are met (see above)

**Contact:** A person is a **contact** of a laboratory confirmed case if, during the case-patient's infectious period, the contact:

- Lived in the same household as the case patient
- Was an intimate partner of the case patient
- Was a caretaker of the case patient, and did not take appropriate precautions
- Was within 6 feet of the confirmed case >10 minutes
- Had direct contact with the confirmed case, like being coughed on or touched

**Underlying Guidance**

CDC Guidance for Community Exposures: <https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>

CDC Guidance for Healthcare Workers: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>