



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>