Interim Tarrant County Public Health Guidance for Discontinuation of Isolation and Return to Work for Symptomatic Persons with COVID-19

Limited information is available to characterize the spectrum of clinical illness, transmission efficiency, and the duration of viral shedding for persons with novel coronavirus disease (COVID-19). We must now provide a process for COVID-19 positive persons to work.

Tarrant County Public Health’s protocol follows updated CDC guidance on a symptom-based strategy release.

**Symptom-based strategy**

Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue home isolation and return to work under the following conditions:

a. 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,

b. At least 10 days have passed since symptoms first appeared.

Thus, based on recent CDC guidance, as well as input from our community organizations, hospitals and partners, it is pertinent to adopt a uniform strategy and adopt the **Symptom-based strategy** for all members of the community.

It is also recommended that any worker returning to work after recovering from COVID-19 should wear a mask and continue to follow social distancing guidelines at work as much as possible. A strict adherence to personal hygiene measures such as handwashing and coughing in your sleeve will be extremely beneficial in minimizing any further risk of spread.