
NEW MEXICO HEALTH ALERT NETWORK (HAN)

ADVISORY

March 20, 2020

Updated Guidance for Ending Home Isolation of COVID-19 Confirmed Cases

CDC has updated their guidance for discontinuation of home isolation for persons with COVID-19 to include a non-test-based strategy. Previous CDC guidance required a test-based strategy only, which included resolution of symptoms and negative results from at least two consecutive nasopharyngeal swab specimens collected ≥ 24 hours apart (total two negative specimens). **NMDOH is recommending that providers use the non-test-based strategy for patients with COVID-19 who were symptomatic and directed to care for themselves at home.** Utilizing the non-test-based strategy will help conserve Personal Protective Equipment (PPE) and laboratory supplies.

For Persons with COVID-19 Under Home Isolation: Non-test-based Strategy

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

- 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.

Persons with laboratory-confirmed COVID-19 who have not had any symptoms may discontinue isolation when at least 7 days have passed since the date of their first positive COVID-19 diagnostic test and have had no subsequent illness.

Additional Reminders:

- Providers will be called with SLD COVID-19 test results when they are completed. **Please do not call NMDOH for results and communicate with patients that they should not call NMDOH for results.** We will prioritize calling positive results first.
- It is good general practice for all healthcare workers to monitor yourself for symptoms of respiratory infection if you have direct patient contact. If you are a healthcare worker with symptoms of fever, cough and/or shortness of breath, please isolate yourself, notify your employer, and contact your own healthcare provider regarding testing and follow up care.

EPIDEMIOLOGY AND RESPONSE

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- Because this is a rapidly changing situation, we recommend that you regularly check the CDC websites on [COVID-19](#) for the latest information. We ask that you forward this alert to your colleagues and advise them to subscribe to the New Mexico Health Alert Network to receive public health alerts on COVID-19 detection and infection prevention.

For more information, consult the [CDC guidance for Healthcare Professionals](#).

Resources

- [New Mexico Department of Health COVID-19 Webpage](#)
- [Centers for Disease Control and Prevention COVID-19 Webpage](#)
- [CDC Interim Guidance for Discontinuation of Home Isolation for Persons with COVID-19](#)
- **New Mexico Health Alert Network:** To register for the New Mexico Health Alert Network, go to <https://member.everbridge.net/index/453003085613008#/login> and click “Sign Up” at the bottom of the page. Provide all information on each screen, click on “Save and Continue,” and click on “Finish” at the end to begin receiving important health alerts and advisories.