

Notes from the Health Officer

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RELEASING CASES AND CONTACTS FROM ISOLATION AND QUARANTINE

<https://www.tn.gov/content/dam/tn/health/documents/cedep/novel-coronavirus/Isolation+QuarantineRelease.pdf>

CASES MUST BE ISOLATED FOR MINIMUM OF 7 DAYS:

- After onset of symptoms or specimen collection
- Cases can be released from isolation after feeling well and afebrile for the last 72 hours (3 days) of the 7day period
- Cases have to be afebrile for 3 consecutive days after they feel better (well) before they can be released from isolation

Examples:

- If case is asymptomatic, the case can be released after 7 days of isolation
- If case feels better (well) after 2 days of symptom onset, the case can be released from isolation on day 7
- If the case feels better (well) after 6 days of symptom onset, the case can be released from isolation on day 9
- If the case feels better (well) after 14 days of symptom onset, the case can be released from isolation on day 17

HOUSEHOLD CONTACTS must be quarantined for 14 days after the case has been afebrile and feeling well (because exposure is considered ongoing within the house). If a household contact develops symptoms, they should be tested.

Examples:

- A case is well 3 days after symptoms onset. The household contact must remain quarantined until day 17.
- A case is well 7 days after symptoms onset. The household contact must remain quarantined until day 21.
- A case is well 14 days after symptoms onset. The household contact must remain quarantined until day 28.

NON-HOUSEHOLD CONTACTS must be quarantined for 14 days from the date of last contact with the case.