



GRANVILLE VANCE

public health

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DATE: August 7, 2020

TO: Health care providers testing for novel Coronavirus 19 (COVID-19)

FROM: Lisa Macon Harrison, MPH, Health Director, and Shauna Guthrie, MD, MPH, FAAFP, Medical Director

SUBJECT: Guidance re: test-based strategy no longer recommended to discontinue isolation

We wanted to call you attention to important updates to [CDC's guidance regarding duration of isolation](#). Highlights include:

- Isolation can generally be discontinued 10 days after symptom onset and resolution of fever for at least **24 hours**, without the use of fever-reducing medications, and with improvement of other symptoms (removes 72 hour criteria).
- **A test-based strategy (i.e. requiring negative tests) is no longer recommended** to discontinue isolation except in very specific circumstances in consultation with infectious diseases experts.
- For persons previously diagnosed with symptomatic COVID-19 who remain asymptomatic after recovery, retesting is not recommended within 3 months after the date of symptom onset for the initial COVID-19 infection and quarantine is not recommended in the event of close contact with an infected person.

These recommendations are based on the best information available in mid-July 2020 and reflect the realities of an evolving pandemic. NC DHHS has updated the [Steps for People After COVID-19](#) and [Guidance for People Under Investigation](#) documents which should be provided to patients who have been tested for COVID-19.

We are aware some employers are still attempting to require repeat testing for employees to return to work after a positive test. In the event you receive this request, employers will often accept a note from your office stating the patient is released from isolation and may return to work. If an employer is not willing to accept a doctor's note and continues to request repeat testing, please let us know so we can reach out to them to clarify the guidance.

As a reminder, please notify your patients of test results for both positive and negative results. When a positive result is received, advise the patient to remain on home isolation. In order to assist with tracking and reporting cases at the state and local levels, we ask that you fax all completed Case Report Forms with a copy of the lab result and the patient's office visit to Granville Vance Public Health. Please send documentation to the patient's county of residence using the following fax numbers: **Granville – 919-693-8517; Vance – 252-492-4219.**

If you have questions, please call our offices at the 919-693-2141 (Granville) or 252-492-7915 (Vance).

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