



Oregon

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NF-20-119 – Provider Alert

Date: September 2, 2020

To: All Nursing Facilities

From: Safety, Oversight and Quality
Nursing Facility Licensing Unit

RE: COVID-19 AND SYMPTOM BASED CLEARANCE

The Centers for Disease Control (CDC) has updated guidance related to determining when an individual is no longer infectious.

Current evidence supports using a **symptom-based strategy** to determine when individuals with COVID-19 are no longer infectious. Specifically, researchers have reported that people with mild to moderate COVID-19 remain infectious no longer than 10 days after their symptoms began, and those with more severe illness or those who are severely immunocompromised remain infectious no longer than 20 days after their symptoms began.

Therefore, CDC has updated the recommendations concerning home isolation as follows:

- **Individuals with COVID-19 who have symptoms** and are directed to practice isolation may discontinue isolation under the following conditions:
 - At least 10 days have passed since symptom onset **and**
 - At least 24 hours have passed since resolution of fever without the use of fever-reducing medications **and**
 - Other symptoms have improved.

- **Persons infected with COVID-19 who never develop physical COVID-19 symptoms** may discontinue isolation and other precautions 10 days after the date of their positive test result.

- **If residents are in the hospital or isolating within the facility:**
 - It is appropriate to use symptom-based clearance.

- The facility staff should defer to local public health guidelines and recommendations when considering next steps.
- There is no need to require two negative tests before re-admission into a long-term care setting unless local public health or the resident's physician has made recommendations based on other underlying concerns.

If you have any questions concerning these recommendations you may direct them to: SOQ.LTCinfo@dhsosha.state.or.us

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