



ARIZONA DEPARTMENT  
OF HEALTH SERVICES

## 'Release from Isolation and Quarantine' Guidance

Recommendations for quarantine and discontinuation of isolation precautions and home isolation, based upon a person's symptoms and clinical testing are below. In addition, the release from isolation flowchart can be found [here](#). CDC and ADHS **do not** recommend a test-based strategy to discontinue isolation. For people that previously tested positive for 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. The most recent updates to this document can be found [here](#).

- If a person is **symptomatic** and **awaiting\*\*** COVID-19 test results:
  - Stay home away from others or under isolation precautions until results are available. If results are delayed, follow guidance for symptomatic and tested positive for COVID-19. Once results are available, follow the recommendations below based on results.
- If a person is **symptomatic** and **tested positive** for COVID-19 by PCR or antigen testing, stay home away from others or under isolation precautions until:
  - At least 10 days\* have passed since symptoms first appeared; AND
  - At least 24 hours have passed since last fever without the use of medicine that reduces fevers; AND
  - Other symptoms have improved.
- If a person is **symptomatic** and **tested negative\*\*** for COVID-19 by PCR or antigen testing, stay home away from others or under isolation precautions until:
  - At least 24 hours have passed since last fever without the use of medicine that reduces fevers; AND
  - Other symptoms have improved.
- If a person is **symptomatic** and has **not been tested\*\*** for COVID-19 by PCR or antigen testing, stay home away from others or under isolation precautions until:
  - At least 10 days\* have passed since symptoms first appeared; AND
  - At least 24 hours have passed since last fever without the use of medicine that reduces fevers; AND
  - Other symptoms have improved.
- If a person is **asymptomatic** and **awaiting\*\*** COVID-19 test results:
  - No isolation is required while waiting for test results. Take everyday precautions to prevent the spread of COVID-19. Once results are available, follow recommendations based on results.
- If a person is **asymptomatic** and **tested positive** for COVID-19 by PCR or antigen testing, stay home away from others or under isolation precautions until:



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- At least 10 days\* have passed since specimen collection of the first positive COVID-19 PCR/antigen testing while asymptomatic. If symptoms develop, follow guidance for symptomatic and tested positive for COVID-19.
- If a person is **asymptomatic** and **tested positive\*\*** for COVID-19 by serology:
  - No isolation is required since there is a low likelihood of active infection. Take everyday precautions to prevent the spread of COVID-19.
- If a person is **asymptomatic** and **tested negative\*\*** for COVID-19 by PCR, antigen testing, or serology:
  - No isolation is required. Take everyday precautions to prevent the spread of COVID-19.
- If a person has other non-compatible symptoms and has not been tested for COVID-19, stay home away from others or under isolation precautions until:
  - At least 24 hours have passed since last fever without the use of medicine that reduces fevers; AND
  - Other symptoms have improved.

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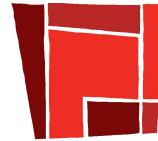
\*A person who had [severe/critical illness](#) or is [severely immunocompromised](#) should:

- If symptomatic, stay home away from others or under isolation precautions until:
  - At least 20 days have passed since symptoms first appeared; AND
  - At least 24 hours have passed since last fever without the use of medicine that reduces fevers; AND
  - Other symptoms have improved.
- If asymptomatic, stay home away from others or under isolation precautions until:
  - At least 20 days have passed since specimen collection of the first positive COVID-19 PCR/antigen testing while asymptomatic. If symptoms develop, follow guidance for symptomatic and tested positive for COVID-19.

Outside of these criteria above, extension of isolation is not routinely recommended if an individual is retested within 3 months of onset of symptoms or date of first positive test while asymptomatic.

\*\*A person who had known [close contact](#) with a confirmed COVID-19 case should [quarantine](#) for 14 days from their last exposure to the case regardless of negative tests results or illness where no testing was performed. However, if they test positive for COVID-19 by PCR or antigen testing, they should follow the relevant [isolation guidance](#). Healthcare workers and critical infrastructure workers should follow guidance that includes special consideration for these groups. If you are a healthcare worker or critical infrastructure worker, please follow-up with your employer or HR for specific guidelines. In addition for people previously diagnosed with symptomatic COVID-19 who remain asymptomatic after recovery, quarantine is not recommended in the event of close contact with an infected person.

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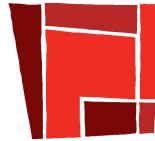


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### **Recent Updates to Guidance**

The following changes were made to the guidance:

- Added guidance on not using a test-based strategy, extended isolation (i.e. 20 days) for individuals with severe/critical illness or that are severely immunocompromised, quarantine guidance, and glossary of terms.
- Changed recommendations for serial testing of asymptomatic individuals and reduced time from fever to 24 hours from 72 hours.
- Removed serology from recommendations for diagnostic tests (i.e., PCR or antigen testing).



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### Glossary of Terms

1. **Close contact** for COVID-19 is defined as any individual who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to positive specimen collection) until the time the patient is isolated.
2. **Isolation** separates sick people with a contagious disease from people who are not sick.
3. **Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. For COVID-19, this means staying home or in a private room with a private bathroom for 14 days after last contact with a person who has COVID-19.
4. **Severe/critical illness:** Illness due to COVID-19 that required any intensive care during hospitalization.
5. **Severely immunocompromised** means you have:
  - Been taking chemotherapy for cancer recently;
  - HIV and a CD4 T-cell count <200;
  - An immunodeficiency disorder;
  - Been taking high-dose steroids (like prednisone 20mg/day for >14days); OR
  - Another condition that a healthcare provider has told you makes you severely immunocompromised.
6. **Symptomatic:** People with these symptoms may have COVID-19:
  - Fever or chills
  - Cough
  - Shortness of breath or difficulty breathing
  - Fatigue
  - Muscle or body aches
  - Headache
  - New loss of taste or smell
  - Sore throat
  - Congestion or runny nose
  - Nausea or vomiting
  - Diarrhea

This list does not include all possible symptoms. Public Health will [continue to update](#) this list as we learn more about COVID-19.