



Office of the Deputy Chancellor & Chief Financial Officer

THE TEXAS A&M UNIVERSITY SYSTEM

Summary of CDC Guidance as of August 17, 2020 Regarding Isolation and Quarantine Requirements

1. Guidance regarding Isolation. The CDC has issued guidance on the discontinuation of isolation for persons with COVID-19 (<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>). For most persons with COVID-19, the CDC recommends the approach outlined below. Certain individual conditions and local circumstances may warrant an extended duration of isolation. System members should consult with and follow the guidance from local public health authorities, including guidance provided by the COVID-19 Investigation Operations Center. These recommendations are subject to change as new information becomes available and this summary document will be updated accordingly.

- a. **Persons with COVID-19 who have symptoms** may end isolation under the following conditions:
- Fever free for 24 hours (without the use of fever-reducing medication),
 - Improvement in symptoms, and
 - At least 10 days have passed since COVID-19 symptoms first appeared.

Persons with a weakened immune system (due to a health condition or medication) or that have had severe illness from COVID-19 may need to stay home and isolate longer, possibly up to 20 days after symptom onset. The CDC has advised that the loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation if the person's other symptoms have improved.

- b. **Persons who tested positive for COVID-19 who never developed COVID-19 symptoms** may end isolation under the following conditions:
- At least 10 days have passed since the date of their first positive COVID-19 test.

If COVID-19 symptoms develop, then the above symptom-based strategy should be followed.

2. Guidance regarding Quarantine. The CDC has issued guidance on quarantine (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>) and generally recommends the approach outlined below.

- a. The CDC recommends that persons who have been in close contact with someone who has COVID-19 take the following steps:
- Stay home for 14 days after your last contact with a person who has COVID-19,

- Watch for COVID-19 symptoms, and
 - If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19.
- b. Close contact is generally defined as being within 6 feet of someone who has COVID-19 for at least 15 minutes regardless of wearing a face covering. Close contact also includes:
- Providing care at home to someone who is sick with COVID-19 (including a roommate or housemate).
 - Having direct physical contact with the person (touched, hugged, or kissed them).
 - Sharing eating or drinking utensils with the person.
 - The person has sneezed, coughed, or somehow gotten respiratory droplets on you.
- c. The CDC outlines various scenarios for ending quarantine such as when you live with someone with COVID-19 and can or cannot avoid continued close contact.
- d. The CDC advises that anyone who has tested positive for COVID-19 within the past 3 months, has recovered, and remains without COVID-19 symptoms does not need to quarantine after close contact with someone with COVID-19.