

STATE OF CONNECTICUT

DEPARTMENT OF PUBLIC HEALTH

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Infectious Diseases Section

COVID-19 – When to End Home Isolation and Return to Work* (3/29/2020)

This guidance applies to persons with suspected or confirmed COVID-19 who are not hospitalized. The final decision to return to work should be done in accordance with an employee's workplace policy. Guidance specifically for healthcare workers and first responders will be available separately.

People **with COVID-19 who have stayed home (are home isolated)** can stop home isolation and return to work under the following conditions:

- ***If they will not have a test*** to determine if they are still contagious, they can leave home after these three things have happened:
 - They have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers)
AND
 - other symptoms have improved (for example, when their cough or shortness of breath have improved)
AND
 - at least 7 days have passed since their symptoms first appeared
- ***If they will be tested*** to determine if they are still contagious, they can leave home after these three things have happened:
 - They no longer have a fever (without the use of medicine that reduces fevers)
AND
 - other symptoms have improved (for example, when their cough or shortness of breath have improved)
AND
 - They received two negative tests in a row, 24 hours apart.

*Based on guidelines from the Centers for Disease Control and Prevention (CDC):
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>



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