



INFORMATION FOR COVID-19 CASES

Release from Isolation for COVID-19 Cases

Since you were determined to be a case of COVID-19, the Oklahoma State Department of Health (OSDH) and the Oklahoma City-County Health department recommend that you voluntarily comply with the following measures to prevent the spread of COVID-19 to other individuals and to ensure the health, safety, and welfare of the citizens of Oklahoma.

It is recommended that you voluntarily remain in isolation from the public, which includes excluding yourself from work, childcare, other social activities, and public settings until you meet **ALL** the following criteria:

- ✓ At least 10 days have passed *since symptoms first appeared*.
- ✓ At least 24 hours have passed *since recovery* defined as resolution of fever without the use of fever-reducing medications **and** improvement in symptoms (e.g., cough, shortness of breath)

This symptom-based strategy is intended to replace the need for repeated testing

NOTE: If your illness gets worse (trouble breathing, pain in chest), get medical care right away.

If you had a positive test for COVID-19 and never developed any symptoms, you should remain in isolation from the public until *10 days have passed since the date you were tested*.

Once you have met the above criteria, you are considered released from isolation and can resume normal activities.

COVID-19 Home Care Guidance

Separate yourself from other people in your home. As much as possible, stay in a different room from other people in your home. If possible, use a separate bathroom. If you must be in the same room as other people, wear a facemask to prevent spreading germs to others.

Avoid sharing household items. Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people in the home. These items should be washed thoroughly after use with soap and warm water.

Before you visit your doctors, let them know. Call ahead before visiting your doctor so they can prepare for your visit and know that you may have COVID-19. This will help your provider to take steps to keep other people from getting infected.

Quarantine Period for Household Contacts

If living in the same household, movement restrictions and monitoring should occur for 14 days after the COVID-19 case has been released from isolation (at least 10 days from symptom onset and no fever for at least 24 hours and other symptoms have improved).

Date case is released from isolation + 14 days = End date of quarantine for household