



City of Wichita Falls

## Wichita Falls-Wichita County Public Health District

1700 Third St. | Wichita Falls, TX 76301 | 940-761-7800 | [www.health.cwftx.net](http://www.health.cwftx.net)

### Discontinuation of Isolation and Quarantine COVID19 12/08/20

A CASE, with mild to moderate disease<sup>1</sup> and not identified as severely immunocompromised<sup>3</sup>:

- Case (who has/had symptoms) must remain in isolation for 10 days from symptom onset, to include 3 consecutive days symptom free.
  - If the individual has symptoms that are attributable to a chronic illness but also are a symptom of COVID19, the individual will need one negative test to be able to differentiate between COVID19 and the chronic illness; one is acceptable, but additional testing may be needed, if clinically indicated at the request of the individual's health care provider.
- Case (who did not/does not have symptoms) must remain in isolation for 10 days from the date of the positive test.
- Case is cleared when these criteria are met.
- The following are the next steps, but do not require follow-up once the parameters are given. The appropriate clearance must be selected based on whether the individual chooses to test or not test.
- Release criteria:
  1. Once the above criteria are met, the case may choose to retest and use the following guidelines:
    - **While test is pending**, case may leave home, but must wear a mask and take appropriate precautions (limit contact, hand-washing, physical distancing)
    - **If positive**, case must wear a mask while leaving the home for a period of 14 days (this starts on day 11) and take appropriate precautions (limit contact, hand-washing, physical distancing)
    - **If negative**, case is not required to wear a mask while leaving home, but it is advisable at all times; individuals **MUST** follow any state laws/Governor's Orders.
  2. Once the above criteria are met, the case may choose not to retest. The individual will be treated as if they tested positive and must wear a mask while leaving the home for a period of 14 days (this starts on day 11) and take appropriate precautions (limit contact, hand-washing, physical distancing).



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For a CASE, with severe disease<sup>2</sup> and/or identified as severely immunocompromised<sup>3</sup>:

- Case (who has/had symptoms) must remain in isolation for 20 days from symptom onset, to include 3 consecutive days symptom free.
  - If the individual has symptoms that are attributable to a chronic illness but also are a symptom of COVID19, the individual will need at least one negative test to be able to differentiate between COVID19 and the chronic illness; one is acceptable, but additional testing may be needed, if clinically indicated at the request of the individual's health care provider.
- Case (who did not/does not have symptoms – this would just be for asymptomatic severely immune compromised) must remain in isolation for 14 days from the date of the positive test.
- Case is cleared when these criteria are met.
- Release criteria:
  1. Once the above criteria are met, the case may choose to retest and use the following guidelines:
    - **While test is pending**, case may leave home, but must wear a mask and take appropriate precautions (limit contact, hand-washing, physical distancing)
    - **If positive**, case must wear a mask while leaving the home for a period of 14 days (this starts on day 21) and take appropriate precautions (limit contact, hand-washing, physical distancing)
    - **If negative**, case is not required to wear a mask while leaving home, but it is advisable at all times; individuals **MUST** follow any state laws/Governor's Orders.
  2. Once the above criteria are met, the case may choose not to retest. The individual will be treated as if they tested positive and must wear a mask while leaving the home for a period of 14 days (this starts on day 21) and take appropriate precautions (limit contact, hand-washing, physical distancing).

A HOUSEHOLD CONTACT of a case:

- Must remain in quarantine for a period of 10 days from improvement in symptoms in the case.
- If the CASE is asymptomatic, the time for the household contact is 10 days from the date of the positive test of the case.



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- If symptoms develop, encourage testing immediately. If positive, treat as CASE. If negative, stay with prior bullet.
  - If symptomatic contact refuses testing, they will be subject to the following requirements:
    - Once the 10 day criteria, as above, are met, the individual will be treated as if they tested positive and must wear a mask while leaving the home for a period of 14 days (this starts on day 11) and take appropriate precautions (limit contact, hand-washing, physical distancing).

A CONTACT of a case (within 2 days prior to symptom onset in the case until present day):

- Must remain in quarantine for a period of 10 days from date of exposure to the case.
- If symptoms develop, encourage testing immediately. If positive, treat as CASE. If negative, stay with prior bullet.
  - If symptomatic contact refuses testing, they will be subject to the following requirements:
    - Once the 10 day criteria, as above, are met, the individual will be treated as if they tested positive and must wear a mask while leaving the home for a period of 14 days (this starts on day 11) and take appropriate precautions (limit contact, hand-washing, physical distancing).

Employers, to include healthcare facilities, may require stricter return to work standards. Clearance from the Health District does not necessarily indicate a return to work is authorized by the employer. Follow the above guidelines regardless of employers requirements. Individuals are to communicate directly with their employer and medical providers regarding clearance requirements.

### Definitions:

1. *Mild to Moderate COVID19 Disease: no hospitalization due to COVID19*
2. *Severe or Critical COVID19 Disease: hospitalization due to COVID19*
3. *Severely Immunocompromised: as determined by a physician or a case indicating they are on chemotherapy for cancer, have untreated HIV infection, have a immunodeficiency disorder and receipt of prednisone >20mg/day for more than 14 days.*