

The federal Centers for Disease Control and Prevention says doctors can verify whether a patient is healthy enough to [leave home isolation](#) in two ways. One method requires patients to test negative from samples taken at least 24 hours apart.

The second method allows patients to come out of isolation at least seven days after symptoms begin or after being diagnosed and three days after they are symptom-free.

This option “will prevent most, but may not prevent all instances of secondary spread,” according to the CDC’s website. “The risk of transmission after recovery is likely very substantially less than that during illness.”

<https://khn.org/news/after-covid-19-doctors-ponder-best-advice-as-patients-recover-from-coronavirus/>

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Links on successful rehabilitation post COVID

<sup>1</sup> <https://journals.sagepub.com/doi/abs/10.1177/070674370705200405>

<sup>2</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7127710/>

<sup>3</sup> <https://www.karger.com/Article/Abstract/95673>.

<sup>4</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7127710/>

<sup>5</sup> <https://www.sciencedirect.com/science/article/abs/pii/S0012369215501839>

<sup>6</sup>

<https://www.uhs.nhs.uk/Media/UHS-website-2019/Patientinformation/Respiratory/Tips-on-a-speedier-recovery-after-surgery-patient-information.pdf>

**All our previous output on this subject can be seen at this weblink:**

[www.sciencemediacentre.org/tag/covid-19](http://www.sciencemediacentre.org/tag/covid-19)

From AMA:

<https://www.ama-assn.org/delivering-care/public-health/covid-19-frequently-asked-questions>

## **. How do I know when it is safe for patients to discontinue home isolation?**

As of March 16, CDC updated their guidance for determining the appropriateness of ending isolation. Options now include both a test-based strategy and a time-since-illness-onset and time-since-recovery (non-test-based) strategy.

A test-based strategy is contingent on the availability of testing supplies and laboratory capacity as well as access to testing. For jurisdictions that choose to use a test-based strategy, the recommended protocol has been simplified so that only one swab is needed at every sampling.

In the absence of testing supplies, physicians may utilize the following non-test-based strategy.

Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue home isolation under the following conditions:

- At least 3 days (72 hours) have passed **since recovery** defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath) **and**
- At least 7 days have passed **since symptoms first appeared**.

Read the full [CDC guidance](#). There is separate guidance for immunocompromised patients.

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>