

July 21, 2020

Dear Colleagues,

The Tennessee Department of Health (TDH) is providing this update regarding the COVID-19 outbreak. Visit our [webpage](#) for the most up to date information on case counts, information, and resources.

**Updated CDC guidance on duration of isolation for adults with COVID-19**

On July 17, CDC updated their [guidance](#) regarding duration of isolation and precautions for adults with COVID-19.

Accumulating evidence supports ending isolation and precautions for persons with COVID-19 using a symptom-based strategy. As such, isolation and precautions can generally be discontinued 10 days after symptom onset and resolution of fever for at least 24 hours, without the use of fever-reducing medications, and with improvement of other symptoms (*note*: this has been decreased from 72 hours). For persons who never develop symptoms, isolation and other precautions can be discontinued 10 days after their first positive RT-PCR test for SARS-CoV-2 RNA was collected. Please note, a limited number of persons with severe illness may produce infectious virus beyond 10 days that may warrant extending duration of isolation and precautions for up to 20 days after symptom onset; however this is not recommended for the majority of persons who do not require hospitalization for their illness.

Notably, for persons previously diagnosed with symptomatic COVID-19 who remain asymptomatic after recovery, retesting is not recommended within 3 months after the date of symptom onset for the initial COVID-19 infection. In addition, quarantine is not recommended in the event of close contact with an infected person.

Additional information and references can be found in the CDC [decision memo](#) accompanying these changes.

**Updated CDC guidance on discontinuation of transmission-based precautions and disposition of patients with COVID-19 in healthcare settings**

On July 17, CDC updated their [guidance](#) regarding discontinuation of transmission-based precautions and disposition of patients with COVID-19 in healthcare settings.

Except for rare situations, a test-based strategy is no longer recommended to determine when to discontinue Transmission-Based Precautions. For the majority of patients, isolation and precautions can generally be discontinued 10 days after symptom onset and resolution of fever for at least 24 hours, without the use of fever-reducing medications, and with improvement of other symptoms (*note*: this has been decreased from 72 hours). For patients with severe to critical illness or who are severely immunocompromised, the recommended duration for Transmission-Based Precautions was extended to 20 days after symptom onset.

Additional information and references can be found in the CDC [decision memo](#) accompanying these changes.

### **Hospital reporting requirements**

On July 10, HHS [announced](#) updated requirements for hospitals, hospital laboratories and acute care facility data reporting. Facilities are required to report information on hospital capacity and utilization daily. Please note, Tennessee will continue to report to the Federal Government on behalf of hospitals with the data entered into the Healthcare Resource Tracking System (HRTS) daily. We appreciate your ongoing partnership to collect these critically important data.

### **Counseling and reporting COVID-19 cases**

As you identify cases of COVID-19 infection among your patients, please counsel them to 1) remain isolated at home throughout their infectious period (a minimum of 10 days from symptom onset) and 2) ask them to notify their close contacts of their exposure, and the recommendation for close contacts to quarantine at home for 14 days following their exposure. **Public health needs your assistance in sharing these important messages to reduce transmission.**

One-pagers in English and Spanish are available [here](#).

- What to Expect After Being Diagnosed: [English](#) / [Spanish](#)
- What to Expect After Being Tested (while waiting for results): [English](#) / [Spanish](#)
- What to Expect if you were Possibly Exposed: [English](#) / [Spanish](#)

Report cases to TDH according to the [guidance here](#).

Thank you for all that you do in keeping Tennesseans safe and healthy.

Tennessee Department of Health