



TARRANT COUNTY PUBLIC HEALTH
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Tarrant County Public Health Interim Guidance for Discontinuation of Quarantine of Close Contacts
Updated December 9th, 2020

The Centers for Disease Control and Prevention (CDC) and Texas Department of State Health Services have updated their quarantine guidance on December 2, 2020.

The CDC continues to recommend a quarantine period of 14 days for close contacts. However, in some circumstances options for a shortened isolation period may be acceptable. The CDC guidance states that “Local public health authorities determine and establish the quarantine options for their jurisdictions.” Based on information provided by the CDC regarding risk of infectiousness for different isolation durations, as well as the high case numbers in Tarrant County, the Local Health Authorities of Tarrant County, City of Burleson, and City of Arlington jointly recommend the following:

STRATEGY	QUARANTINE PERIOD	ACCEPTABLE USE	DETAILS
Standard Quarantine Strategy	14 days without symptoms, no test needed	Congregate settings	14 day quarantine period used by people who live in congregate settings such as nursing facilities, assisted living, memory care, group homes and correctional facilities.
Alternative Quarantine Strategies*	10 days without symptoms, no test needed	General public not in congregate settings	10 days of quarantine without symptoms may resume their normal duties or attendance at required activities with no test needed to return.
	7 days without symptoms, diagnostic COVID-19 test required	Critical infrastructure employees	7 days of quarantine without symptoms and a negative diagnostic COVID-19 test collected at day five or later. Note that a viral test that includes FDA approval or authorization for testing of asymptomatic individuals is <i>highly preferred</i> . Critical infrastructure organizations who must use the 7-day shortened period, must ensure documentation of the referenced negative test.

*For both shortened self-isolation strategies, persons returning to duties or attendance to activities outside of their home should be monitored for signs and symptoms each day until the 14th day. Wearing a face covering/mask over both the nose and mouth with distancing (6 or more feet) are essential to prevent transmission to others if the person were begin shedding virus while asymptomatic. Continue to encourage frequent hand washing/hand sanitizing and avoid touching of the face to reduce risk of virus transmission.

If at any time within the 14 days of the standard isolation period, the person develops any COVID-like symptoms, they should immediately self-isolate and get tested for COVID-19.

This interim guidance will be modified as federal, state or local mandates or situations dictate.





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**Tarrant County Public Health Guidance for Discontinuation of Isolation
and Return to Work or School for Symptomatic & Asymptomatic Persons with COVID-19
Updated August 1, 2020**

Tarrant County Public Health's protocol follows updated CDC guidance on a symptom-based strategy release.

Except for rare situations, a test-based strategy is no longer recommended as a strategy for returning to work or school.

Symptom-based strategy for mild to moderate illness or not severely immunocompromised persons with COVID-19 who have symptoms or who are asymptomatic but tested positive on a COVID-19 PCR or antigen test and were directed to care for themselves at home may discontinue home isolation and return to work under the following conditions:

- At least 10 days have passed *since symptoms first appeared* OR if asymptomatic and a positive rapid or PCR COVID-19 test was positive **and**
- At least 24 hours have passed since last fever without the use of fever-reducing medications **and**
- Improvement in symptoms (e.g., cough, shortness of breath)

Symptom-based strategy for hospitalized patients (admitted to a hospital for at least 24 hours) or severely immunocompromised persons with COVID-19 who have symptoms and/or tested positive on a COVID-19 PCR or antigen test may discontinue home isolation and return to work under the following conditions:

- At least 20 days have passed *since symptoms first appeared and*
- At least 24 hours have passed since last fever without the use of fever-reducing medications **and**
- Improvement in symptoms (e.g., cough, shortness of breath)

Thus, based on recent CDC guidance, as well as input from our community organizations, hospitals and partners, it is pertinent to adopt a uniform strategy and adopt the **Symptom-based strategy** for all members of the community.

Continue to wear facial coverings and continue to socially distance by at least 6 feet. The use of N95 masks may be advisable in certain settings and situations.

ABOVE IS PUBLIC HEALTH GUIDANCE ONLY. FOR SCHOOLS IT REMAINS THE RESPONSIBILITY OF SCHOOL BOARDS AND ADMINISTRATION TO DETERMINE IT'S UTILIZATION.

