



**TARRANT COUNTY PUBLIC HEALTH**  
*Accountability · Quality · Innovation*

**Tarrant County Public Health Guidance for Discontinuation of Isolation  
and Return to Work 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:

- a. 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**
- b. At least 24 hours have passed since last fever without the use of fever-reducing medications **and**
- c. 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:

- a. At least 20 days have passed *since symptoms first appeared* **and**
- b. At least 24 hours have passed since last fever without the use of fever-reducing medications **and**
- c. 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.

