

Criteria for Discontinuation of Home Isolation/Quarantine

Reason	Positive Test and Symptoms	Positive Test but No Symptoms	Negative Test and Symptoms and No Exposure	Exposure and No Symptoms	Exposure and Symptoms	Travel to High-Risk Area
Quarantine or Isolation*	Isolation	Isolation	N/A	Quarantine	Quarantine	Quarantine
Criteria	<p>≥10 days have passed since symptom onset AND ≥24 hours have passed since resolution of fever without the use of fever-reducing medications AND Other symptoms have improved</p> <p>The test based strategy is no longer recommended</p> <p><i>Additional requirements exist for patients who had severe illness or are immunocompromised, see Source for details</i></p>	<p>At least 10 days have passed since the date of their first positive COVID-19 diagnostic test</p> <p>The test based strategy is no longer recommended</p> <p><i>Additional requirements exist for patients who are immunocompromised, see Source for details</i></p>	<p>≥24 hours have passed since resolution of fever without the use of fever-reducing medications AND Other symptoms have improved</p> <p>OR</p> <p>Based on the recommendations for an alternative diagnosis if made (e.g., influenza or strep pharyngitis)</p>	<p>Must quarantine <i>even if COVID-19 test is negative</i></p> <p>Must remain asymptomatic during entire quarantine period and must continue symptom and temperature monitoring for full 14 days</p> <p>Option 1: After 7 days of quarantine AND A test conducted on day 5 or later is negative</p> <p>OR</p> <p>Option 2: After 10 days of quarantine</p> <p>(Exclusions apply for healthcare and essential service workers, see DPH guidance)</p>	<p>Must quarantine <i>even if COVID-19 test is negative</i></p> <p>14 days from the date of last exposure</p>	<p>14 days from the date of arrival in Massachusetts</p> <p>OR</p> <p>Negative test taken no longer than 72 hours before arrival in Massachusetts or After arrival in Massachusetts, but must quarantine until a negative result is obtained</p> <p><i>Testing is not required for children, 10 years and younger, who are traveling with an adult from their household</i></p> <p>OR</p> <p>Exclusion criteria is met, see Source for details</p>
Source	CDC	CDC	MA DPH and DESE	MA DPH	MA DPH	MA DPH

Return to Work for Healthcare Personnel: “For HCP who were suspected of having COVID-19 and had it ruled out, either with at least one negative test or a clinical decision that COVID-19 is not suspected and testing is not indicated, then return to work decisions should be based on their other suspected or confirmed diagnoses.” (Source: [CDC](#))

*Isolation separates sick people with a contagious disease from people who are not sick. Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. ([CDC](#))