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# DEPARTMENT OF HEALTH AND HUMAN SERVICES

DIVISION OF PUBLIC AND BEHAVIORAL HEALTH  
*Helping people. It's who we are and what we do.*



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## Technical Bulletin

**Date:** December 29, 2021  
**Topic:** Updated Guidance for Discontinuation of COVID-19 Isolation  
**Contact:** Melissa Peek-Bullock, State Epidemiologist, Division of Public and Behavioral Health  
**To:** All Health Care Providers, Employers, Businesses, and Public Health Officials

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### **Background:**

The Centers for Disease Control and Prevention (CDC) updated guidance to shorten the recommended isolation period for the general population and for health care personnel. According to CDC, the change is motivated by science demonstrating that the majority of SARS-CoV-2 transmission occurs early in the course of illness, generally in the 1-2 days prior to onset of symptoms and the 2-3 days after.<sup>1</sup> The Nevada Department of Health and Human Services (DHHS) is adopting the updated recommendations as outlined below.

### **Updated Isolation Procedure for the General Public:**

Given what is currently known about COVID-19 and the Omicron variant, CDC is shortening the recommended time for isolation from 10 days for people with COVID-19 to 5 days if the individual is asymptomatic or has resolving symptoms, followed by 5 days of wearing a mask when around others. Everyone who tests positive for COVID-19, regardless of vaccination status, must:

- Isolate for 5 days.
- If no symptoms or if symptoms are resolving after 5 days, the individual can discontinue isolation.
- Continue to wear a mask around others for 5 additional days.

DHHS defines resolving symptoms as:

1. At least 24 hours have passed with no fever and without the use of fever-reducing medicine; **and**
2. Other symptoms are improving (loss of taste and smell might last for weeks or months after recovery but should not delay ending isolation).

Isolation relates to behavior after a confirmed infection. Isolation for 5 days followed by wearing a well-fitting mask will minimize the risk of spreading the virus to others.

### **Updated Isolation Procedure for the Health Care Personnel**

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<sup>1</sup> <https://www.cdc.gov/media/releases/2021/s1227-isolation-quarantine-guidance.html>

CDC recommends three different strategies for addressing health care personnel who test positive for COVID-19, regardless of whether they are symptomatic and regardless of their vaccination status:<sup>2</sup>

- Conventional strategy
  - Isolate for 10 days *or* 7 days with negative test if asymptomatic or mildly symptomatic (with improving symptoms).
- Contingency strategy
  - Isolate for 5 days with/without negative test if asymptomatic or mildly symptomatic (with improving symptoms).
- Crisis strategy
  - No work restriction, with prioritization considerations (e.g., asymptomatic or mildly symptomatic).

**Questions:**

For updated guidance, please review the DPBH Technical Bulletin [website](#) and Nevada’s COVID-19 response [website](#) regularly. Email [dpbhepi@health.nv.gov](mailto:dpbhepi@health.nv.gov) with questions.



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<sup>2</sup> <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>