

Interim Guidance for Discharge/Deisolation of COVID-19 Patients and Quarantine of Close Contacts

Version 2.0

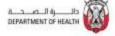
(24 December 2020)











I) Discharge/Deisolation COVID-19 Patients

A. Asymptomatic COVID-19 positive patients:

- Time-based strategy
 - 10 days have passed since the date of their first positive COVID-19 diagnostic test, assuming they have not subsequently developed symptoms since their positive test.
- No need for 14 days home quarantine after discharge

B. Mild symptomatic COVID-19 positive patients either:

- Symptom-based strategy:
 - o At least 10 days have passed *since symptoms first appeared*; **and**,
 - Resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath) in the last 3 consecutive days (72 hours).

Or:/

• Test-based strategy:

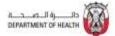
- Resolution of fever without the use of fever-reducing medications <u>and</u> improvement in respiratory symptoms (e.g., cough, shortness of breath) <u>with</u> at least two consecutive respiratory specimens collected ≥24 hours apart (total of two negative specimens).
- No need for 14 days home quarantine after discharge











C. Moderate, severe, and critical symptomatic hospitalized COVID-19 positive patients:

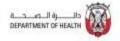
- Test-based strategy:
 - o Patient can be discharged once they have:
 - O Two consecutive respiratory specimens negative tests for COVID 19 that are ≥ 24 hours apart **and**
 - Patient is afebrile for more than 3 days without the use of feverreducing medications <u>and</u>
 - o Patient has improved/minimal respiratory symptoms <u>and</u>
 - o Pulmonary imaging (CXR/ HRCT) shows significant improvement
- All patients after discharge should be self-isolated at home for 7 days from discharge date and to have a sick leave documented in medical record
- Discharged patients to be followed in the clinic in the hospital after 2 weeks, unless patient develops respiratory symptoms to attend earlier.
- If asymptomatic at 2 weeks, no more follow up











II) Quarantine of Close Contacts

A. Defining close contacts:

- A close contact is defined as anyone with the following exposures to a COVID-19 case, from 2 days before onset of illness/ date of positive swab to 14 days after:
 - o Being within 2 meter of a COVID-19 case for >15 minutes.
 - o Direct physical contact with a COVID-19 case.
 - Providing direct care for patients with COVID-19 disease without using proper personal protective equipment (PPE).
 - o Living in the same household as a COVID-19 patient.

B. Quarantine of close contacts:

- All close contacts should undergo home quarantine for 10 days after last exposure even if they have been tested and their result is negative, and they should self-monitor for any respiratory symptoms.
- Contacts who develop any related symptoms during the 10 days quarantine should be tested for COVID-19.