

# Stop the Spread of COVID-19



## How long should quarantine or isolation last?

### QUARANTINE

For people exposed to a person who tested positive COVID-19

**14** days after last exposure, IF no symptoms have developed.

### ISOLATION

For people positive for COVID-19 with symptoms

**3** days with no fever 100.4 F or greater (without the use of fever-reducing medicines) and improvement in respiratory symptoms (e.g., cough, shortness of breath), AND  
**10** days have passed since symptoms first appeared.

For people positive for COVID-19 with NO symptoms

**10** days have passed since the date of the positive COVID-19 diagnostic test with no illness.

For people hospitalized for COVID-19

No fever 100.4 F or greater (without the use of fever-reducing medicines) and improvement in respiratory symptoms (e.g., cough, shortness of breath), AND

Negative results of an FDA Emergency Use Authorized COVID-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive nasopharyngeal swab specimens collected at least 24 hours apart.

or

**3** days with no fever 100.4 F or greater (without the use of fever-reducing medicines) and improvement in respiratory symptoms (e.g., cough, shortness of breath), AND  
**10** days have passed since symptoms first appeared.

Patients who meet the guidelines above and are ready to be released from quarantine or isolation should call **1-800-803-7847** or e-mail [ADH.Coronavirus@arkansas.gov](mailto:ADH.Coronavirus@arkansas.gov) to request a letter of release.