



The criteria for releasing COVID-19 patients from isolation or quarantine (2 February 2021)

Release from isolation

An individual with COVID-19 is considered to be infectious two days before developing symptoms and approximately ten days afterwards.

1. Symptomatic individuals (non-hospitalised patients and patients in standard hospital units)

At least ten days have passed since the first development of COVID-19 symptoms, there has been no fever within the past 72 hours (without administering antipyretics), and respiratory symptoms have receded.

2. Symptomatic individuals (patients in Level 3 intensive care units or with severe immunodeficiency as a concomitant disease*)

At least twenty days have passed since the first development of COVID-19 symptoms, there has been no fever within the past 72 hours (without administering antipyretics), and respiratory symptoms have receded.

It is advisable to consult with an infectious diseases specialist before authorising any release from isolation.

* The definition of severe immunodeficiency: chemotherapy; combined primary immunodeficiency; HIV; CD4 count $<200 \times 10^6/L$; up to one year after an organ transplant or stem cell transplant; prednisone (or equivalent medicinal product) therapy $>20\text{mg}$ a day for more than fourteen days.

3. Asymptomatic individuals whose SARS-CoV-2 nucleic acid amplification test (PCR) results were positive

If no symptoms develop, isolation may be terminated ten days after testing positive.

4. Close contacts of positive COVID-19 cases

Although testing is not mandatory, we recommend all the close contacts take a SARS-CoV-2 test at the end of their 10-day quarantine period in order to detect any possible asymptomatic COVID-19 cases. The 10-calendar-day requirement to remain in one's place of residence or permanent place of stay and the requirements for being tested for the coronavirus SARS-CoV-2 causing COVID-19, as referred to in this order, are not applied if a person:

- 1) suffered from COVID-19 and no more than six months have passed since the person was declared healthy by a physician;



2) has been vaccinated against COVID-19 and no more than six months have passed since the day of last vaccination.

In the case of a single close contact, quarantine starts from the last moment of contact.

If symptoms develop, the criteria are applied for terminating isolation as described in sections 1 or 2 above, with the first day upon which symptoms develop being counted as the beginning of the isolation period. A SARS-CoV-2 nucleic acid amplification test must be used to confirm a COVID-19 diagnosis.

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