When should I end home isolation and return to work?

PIMC follows the below CDC guidelines to discontinue home isolation.

If you have Confirmed COVID-19 or Suspected COVID-19 (meaning you did not get tested), you can leave isolation and go back to work when all the following are true:

a. It has been at least 10 days since your symptoms first started; AND
b. You have had at least 24 hours with no fever at all; AND
c. During those 24 hours, you have not taken any fever-reducing medication such as Tylenol, Acetaminophen, Advil, Ibuprofen, Aleve, or Naproxen; AND
d. Other symptoms (cough, chills, aches, etc.) have become less severe or are no longer present

People may continue to test positive on a viral test long after they have recovered from COVID-19. If you meet all the above criteria, you are considered not contagious even if you continue to have a positive test.

If you have Confirmed COVID-19 but never had symptoms:

a. You can return to work 10 days after the date of your positive test.

Retesting Previously Confirmed COVID-19 Positive Patients

PIMC will not retest people with Confirmed COVID-19.

- This is because some people will continue to have a positive viral tests for several weeks even though they are not considered contagious.
- Dead virus particles can still show up as a positive viral test but are not considered contagious.
- Retesting Confirmed COVID-19 patients can lead to people being out from work and in isolation longer than they need to be.

Questions or Concerns?

Call the Phoenix Indian Medical Center Public Health Team at 602-248-4194; available every day of the week from 7:00am to 5:00pm

Last Updated July 24, 2020