



Tulare Local Healthcare District

Policy Name:	COVID-19 Isolation Policy Based on Current CDC Guidelines (2024)
Policy Number:	
Version Number:	001
Approved by Board on:	
Scheduled review date:	

1.0 Isolation Protocol

1.1 Stay Home When Symptomatic:

- 1.1.1** Individuals exhibiting symptoms of COVID-19, such as fever, cough, or shortness of breath, should stay home and avoid contact with others.

1.2 Duration of Isolation:

- 1.2.1** Remain in isolation until at least 24 hours after the fever has resolved without the use of fever-reducing medications, and other symptoms are improving.
- 1.2.2** For those who experience symptoms beyond fever, continue isolation until overall improvement in symptoms is observed for 24 hours.
<https://www.cdc.gov/media/releases/2024/p0301-respiratory-virus.html>
<https://www.cdc.gov/respiratory-viruses/guidance/faq.html>

2.0 Post-Isolation Precautions

2.1 After the initial isolation period, take additional precautions for the next 5 days:

- 2.1.1** Wear a well-fitting mask.
- 2.1.2** Maintain physical distance from others.
- 2.1.3** Enhance hygiene practices (e.g., frequent hand washing).
- 2.1.4** Improve air quality in indoor spaces, such as increasing ventilation.
<https://www.cdc.gov/media/releases/2024/p0301-respiratory-virus.html>
<https://www.cdc.gov/ncird/whats-new/updated-respiratory-virus-guidance.html>

3.0 Returning to Work

3.1 Criteria for Return:

- 3.1.1** Employees can return to work after meeting the isolation criteria: fever-free for 24 hours without medications, and overall improvement of other symptoms.

3.2 If symptoms persist beyond the initial isolation period, employees should continue to stay home until there is noticeable improvement. <https://www.cdc.gov/respiratory-viruses/guidance/faq.html> <https://www.cdc.gov/ncird/whats-new/updated-respiratory-virus-guidance.html>

4.0 Post-Return Precautions

4.1 For the first 5 days back at work, continue wearing a mask and practice enhanced hygiene measures.

4.2 Avoid close contact with vulnerable individuals, including those with weakened immune systems, elderly, and pregnant women. <https://www.cdc.gov/respiratory-viruses/guidance/faq.html> <https://www.cdc.gov/media/releases/2024/p0301-respiratory-virus.html>

5.0 Special Considerations

5.1 High-Risk Individuals:

5.1.1 Those at higher risk for severe illness should seek healthcare immediately upon experiencing symptoms for potential testing and treatment.

5.1.2 Special guidelines and considerations are provided for populations such as older adults, young children, pregnant individuals, and those with compromised immune systems. <https://www.cdc.gov/respiratory-viruses/guidance/faq.html> <https://www.cdc.gov/ncird/whats-new/updated-respiratory-virus-guidance.html>

6.0 Workplace Accommodations:

6.1 Employers should facilitate flexible sick leave policies to accommodate the isolation and recovery period.

6.2 Encourage remote work options if feasible during the isolation period.