



Alaska Division of Public Health

Prevention Promotion Protection

Date:

Regarding: Discontinuing COVID-19 Isolation for:

This letter is to confirm that the person named above has completed the home isolation period recommended by the State of Alaska and CDC and **may return to work and other activities as calculated below based on [CDC guidance](#)**:

IF SYMPTOMATIC:

Date symptoms started:

Date released is 10 days after symptoms started:

Persons with COVID-19 who have symptoms may discontinue isolation if:

- At least 10 days have passed *since symptoms first appeared*.
- AND-
- At least 1 day (24 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications and improvement of symptoms.

IF ASYMPTOMATIC:

Date specimen collected that tested positive:

Date released is 10 days after collection date:

Persons with COVID-19 who have not had any symptoms may discontinue isolation if:

- At least 10 days have passed since the collection date of their first positive COVID-19 diagnostic test assuming they have not subsequently developed symptoms since their positive test. If they develop symptoms, then the symptom-based strategy should be used.

I certify that it has been at least 10 days since either I tested positive for COVID-19 or first began to experience any of the following symptoms: fever, cough, shortness of breath or other respiratory distress.

I certify that I have been fever free for at least 1 day (24 hours) and have not taken any fever reducing medication (such as Tylenol) in that same period of time.

I certify that any respiratory issues I have suffered have improved.

Patient/guardian signature: _____ Date: _____

People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months as long as they do not develop symptoms again. People who develop symptoms again within 3 months of their first bout of COVID-19 should see their healthcare provider and may need to be tested again if there is no other cause identified for their symptoms.

If you are interested, the Blood Bank of Alaska is asking persons who have recovered from COVID-19 to consider donating their plasma. This plasma has antibodies that can help treat patients who are seriously ill with COVID-19. More information is available on the Blood Bank of Alaska website <https://www.bloodbankofalaska.org/convalescent-plasma-donors-needed-to-combat-covid-19/> or you can contact them at (907) 222-5630.