



# 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 5 days after symptoms started:**

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

- At least 5 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.

I certify that it has been at least 5 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.

***IF ASYMPTOMATIC:***

**Date specimen collected that tested positive:**

**Asymptomatic persons who test positive for COVID-19** may discontinue isolation 5 days after the specimen collection date of their first positive diagnostic test.

I certify that I have met the isolation period criteria and have remained symptom free.

**-OR-**

**Asymptomatic persons who test positive for COVID-19** may discontinue isolation after the specimen collection date of their first positive test if they have two subsequent negative RT-PCR (or Cue) tests obtained at least 24 hours apart.

I certify that I have met the lab testing criteria for early clearance and have remained symptom free.

Patient/guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_

People who have tested positive for COVID-19 do not need to 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.