Lawrence County
HEALTH DEPARTMENT

CRITERIA FOR RELEASE FROM ISOLATION

August 4, 2021

The Lawrence County Health Department no longer provides personalized release letters for isolation for COVID-19. It is important to request documentation of your test results from the testing facility. It can be presented along with this document to your workplace, etc.

For most people who have tested positive for COVID-19, you may discontinue isolation and be around others after:

- 10 days have passed since symptoms first appeared **and**
- 24 hours with no fever without the use of fever-reducing medications **and**
- Other symptoms of COVID-19 are improving*

Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation

Note that these recommendations **may not** apply to people with severe COVID-19 or with weakened immune systems (immunocompromised). If you were under medical care during your illness, you may need an alternate release date from your health care provider. (The health department is not your health care provider.)

If you tested positive for COVID-19 but had no symptoms:

- If you continue to have no symptoms, you can be with others after 10 days have passed since you had a positive viral test for COVID-19.
- If you develop symptoms after testing positive, follow the guidance above

Even if you have recovered from COVID it is important to continue taking precautions. It is possible to become reinfected with COVID-19 after a period of time. Actions such as wearing a face covering, social distancing, avoiding large crowds and washing hands for 20 seconds are all especially important as new, more infectious variants are circulating.

If you still have not received a COVID-19 vaccine, we still recommend you do so after you have recovered. This can help give you an extra layer of protection. You may call our office to schedule or go to www.vaccines.gov to find vaccines in your area.

For more information visit www.cdc.gov/coronavirus or www.lawrencecohealth.com/coronavirus

105 W. North St. ~ Mt. Vernon, MO 65712 ~ 417-466-2201 ~ www.lawrencecohealth.com