

May 8, 2020

Dear Colleagues,

The Tennessee Department of Health (TDH) is providing this update regarding the COVID-19 outbreak. Visit our [webpage](#) for the most up to date information on case counts, information, and resources.

Extension of Recommended Isolation Period

CDC and TDH have extended the recommended isolation period for COVID-19 cases from 7 to **10 days after symptom onset** for symptomatic patients, and from 7 to **10 days from the first positive laboratory test** in asymptomatic patients. This update was made based on CDC data demonstrating that the duration of infectious viral shedding can potentially extend to 10 days. Notably, beyond 10 days, the presence of infectious virus is uncommon although repeated positive testing by polymerase chain reaction (PCR) may continue. These recommendations will be revised as additional evidence becomes available.

TDH's [Isolation and Quarantine Guidance](#)

CDC's [Discontinuation of Isolation for Persons with COVID-19 Not in Healthcare Settings](#)

Though CDC also outlines a test-based strategy (as opposed to the symptom and time-based strategies described above), TDH does not currently recommend a test-based strategy for release from isolation based on the availability of testing supplies and laboratory capacity.

CDC has also updated the [recommendations for healthcare providers returning to work](#) after a COVID-19 diagnosis to be consistent with those described above: a minimum of ten days of isolation following onset of symptoms (or from specimen collection date in the absence of symptoms). Please note, due to the extension of the time-based strategy, the test-based strategy is no longer listed as "preferred" for healthcare providers.

Antibody Testing

TDH urges caution in the use of antibody tests to diagnose or rule-out COVID-19 infection. As an update to the [April 29 TNHAN](#), all COVID-19 antibody results should be reported to TDH.

If you are a provider who receives positive antibody results on a patient, please follow the case reporting guidance [here](#). For information on negative result reporting, please refer to additional information [here](#).

If you are a laboratory performing antibody testing, please follow the laboratory reporting [instructions](#) for all results (positive, negative, indeterminate).

Pediatric Multi-System Inflammatory Syndrome Potentially Associated with COVID-19

The New York City Department of Health recently reported multiple cases of a multi-system inflammatory syndrome among children in New York City hospitals that may be associated with

COVID-19. Per their [report](#), "clinical features vary, depending on the affected organ system, but have been noted to include features of Kawasaki disease or features of shock; however, the full spectrum of disease is not yet known. Persistent fever and elevated inflammatory markers (CRP, troponin, etc.) have been seen among affected patients. Patients with this syndrome who have been admitted to pediatric intensive care units (PICUs) have required cardiac and/or respiratory support."

Please contact TDH if you suspect COVID-associated Multi-System Inflammatory Syndrome in a patient you are caring for.

Thank you for all that you do in keeping Tennesseans safe and healthy.

Tennessee Department of Health