



UNITED ARAB EMIRATES  
MINISTRY OF HEALTH & PREVENTION

ABU DHABI PUBLIC  
HEALTH CENTRE

مركز أبوظبي  
للصحة العامة



حكومة دبي  
GOVERNMENT OF DUBAI

هيئة الصحة بدبي  
DUBAI HEALTH AUTHORITY

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# Interim Guidance for Discharge/Deisolation of COVID-19 Patients and Quarantine of Close Contacts

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## I) Discharge/Deisolation COVID-19 Patients

### A. Asymptomatic COVID-19 positive patients :

- **Time-based strategy**
  - 10 days have passed since the date of their first positive COVID-19 diagnostic test, assuming they have not subsequently developed symptoms since their positive test.
- No need for 14 days home quarantine after discharge

### B. Mild symptomatic COVID-19 positive patients either:

- **Symptom-based strategy:**
  - At least 10 days have passed *since symptoms first appeared*; **and**,
  - Resolution of fever without the use of fever-reducing medications **and** improvement in respiratory symptoms (e.g., cough, shortness of breath) in the last 3 consecutive days (72 hours).

Or:/

- **Test-based strategy:**
  - Resolution of fever without the use of fever-reducing medications **and** improvement in respiratory symptoms (e.g., cough, shortness of breath) **with** at least two consecutive respiratory specimens collected  $\geq 24$  hours apart (total of two negative specimens).
- No need for 14 days home quarantine after discharge



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### C. Moderate, severe, and critical symptomatic hospitalized COVID-19 positive patients:

- **Test-based strategy:**
  - Patient can be discharged once they have:
    - Two consecutive respiratory specimens negative tests for COVID 19 that are  $\geq 24$  hours apart **and**
    - Patient is afebrile for more than 3 days without the use of fever-reducing medications **and**
    - Patient has improved/minimal respiratory symptoms **and**
    - Pulmonary imaging (CXR/ HRCT) shows significant improvement
- All patients after discharge should be self-isolated at home for 7 days from discharge date and to have a sick leave documented in medical record
- Discharged patients to be followed in the clinic in the hospital after 2 weeks, unless patient develops respiratory symptoms to attend earlier.
- If asymptomatic at 2 weeks, no more follow up



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## II) Quarantine of Close Contacts

### A. Defining close contacts:

- A close contact is defined as anyone with the following exposures to a COVID-19 case, from 2 days before onset of illness/ date of positive swab to 14 days after:
  - Being within 2 meter of a COVID-19 case for >15 minutes.
  - Direct physical contact with a COVID-19 case.
  - Providing direct care for patients with COVID-19 disease without using proper personal protective equipment (PPE).
  - Living in the same household as a COVID-19 patient.

### B. Quarantine of close contacts:

- All close contacts should undergo home quarantine for 10 days after last exposure even if they have been tested and their result is negative, and they should self-monitor for any respiratory symptoms.
- Contacts who develop any related symptoms during the 10 days quarantine should be tested for COVID-19.