



Eric J. Holcomb  
Governor

Kristina M. Box, MD, FACOG  
State Health Commissioner

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Dear Friends and Colleagues:

Recently the Indiana Department of Health has been made aware of several facilities, including outpatient healthcare treatment centers and workplaces, that have required COVID-positive individuals to present two negative COVID-19 tests to return to the facilities. The Centers for Disease Control and Prevention (CDC) has provided the following guidelines that clearly addresses this matter:

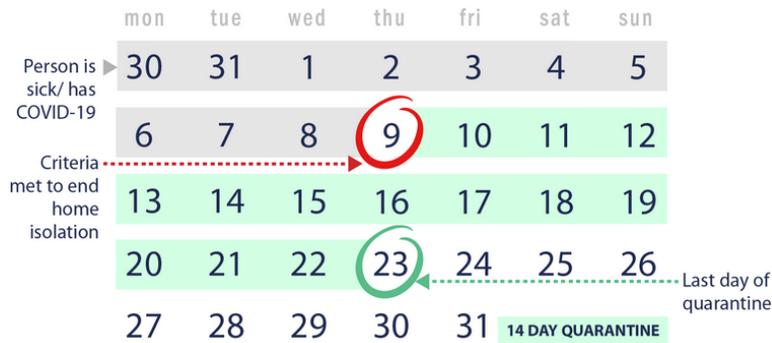
If you test positive for SARS-CoV-2 infection or do not get tested, you should self-isolate for at least 10 days after symptom onset and resolution of fever for at least 24 hours, without the use of fever-reducing medications and with improvement of other symptoms.

If you test positive, you do not need to repeat a test for at least three months.

You do not need a follow-up negative test to return to work or school as long as:

- You did not require hospitalization, AND
- It has been at least at least 10 days after symptom onset and resolution of fever for at least 24 hours, without the use of fever-reducing medications, AND with improvement of other symptoms.

Anyone who has had close contact with someone with COVID-19 should stay home for 14 days **after their last exposure** to that person. For individuals caring for a COVID-19 positive patient, you should avoid contact with others outside the home while the person is sick, and quarantine for 14 days after the individual you were caring for has met the 'return to work or school' criteria (above). Remember, **even if you test negative for COVID-19 or feel healthy, you need to quarantine as symptoms may appear 2 to 14 days after exposure to the virus.**



To **promote**, **protect**, and **improve** the health and safety of all Hoosiers.



For persons recovered from COVID-19, a positive PCR during the first 90 days after symptom onset likely represents the persistent shedding of viral RNA, rather than reinfection. However, should anyone who becomes symptomatic within that first 90 days should be evaluated for potential reinfection. As of September 10, no confirmed reports of re-infection had been documented according to the CDC.

Thank you for encouraging these guidelines in your facility.

Yours in health,

Lindsay Weaver, MD, FACEP  
Chief Medical Officer

CDC Guidance References:

[Testing Overview](#), [Duration of Isolation](#), [Guidance for Home Care](#), [Quarantine](#)