Calculating the Infectious Period for a Case – Tip Sheet
(Ver 1.0 January 11, 2021)

✓ **Symptomatic Cases:** The infectious period begins two days before symptom onset through 10 days after, with the day of symptom onset as Day 0. The following criteria must be met prior to exiting isolation:
  - At least 24 hours have passed since recovery (defined as resolution of fever without the use of fever-reducing medications AND improvement in respiratory symptoms – e.g., cough, shortness of breath) AND
  - At least TEN days have passed since symptoms first appeared (illness onset). Onset date (of symptoms) would be considered “day zero.”

✓ **Asymptomatic Cases:** The infectious period begins two days before positive test collection date through 10 days after, with the day of specimen collection as Day 0.

**Determining Infectious Period – for Case**

- Obtain exact symptom onset date to determine Infectious Period.
- Symptom onset date should be day of first noticed symptom
  - Often sore throat, cough, aches/myalgias or fevers.
- Consider from two calendar days prior to onset through 10 days after.
- Use a Calendar and ask what the case did each day to determine exposures
- Remember – if symptoms persist at Day 10, isolation should continue.

Infectious Period Estimation Tool: Use this table to estimate a case’s infectious period and when they can likely exit isolation (Day 11).

**Example:**

<table>
<thead>
<tr>
<th>Infectious Period Start</th>
<th>Onset or Test Date</th>
<th>Last Day</th>
<th>Exit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day -2</td>
<td>Day -1</td>
<td>Day 0</td>
<td>Day 1</td>
</tr>
<tr>
<td>10/13</td>
<td>10/14</td>
<td>10/15</td>
<td>10/16</td>
</tr>
</tbody>
</table>

Key Dates for Current Case:

<table>
<thead>
<tr>
<th>Infectious Period Start</th>
<th>Onset or Test Date</th>
<th>Last Day</th>
<th>Return to Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day -2</td>
<td>Day -1</td>
<td>Day 10</td>
<td>Day 11</td>
</tr>
</tbody>
</table>

(enter dates in the row above)

Infectious Period Began (Day -2) = ___/___/____ to Last Day Infectious Period (Day 10) = ___/___/____