



Government of the Republic of Trinidad and Tobago

Ministry of Health

Updated COVID-19 Quarantine and Discharge Criteria

February 5th 2022





Difference between *quarantine* and *isolation* in the context of COVID-19



- **Quarantine**- the restriction of activities and/or the separation of persons who are not ill, but who may have been exposed to a person with confirmed or probable SARS-CoV-2 infection.
- **Isolation**- the separation of persons with known infection to prevent the spread of the virus.

Discharge Criteria- Home Quarantine

- Persons in self-quarantine at home will continue to be officially discharged fourteen (14) days after the day they were exposed to a suspected or confirmed COVID-19 case once they continue to display no symptoms.
- If symptoms do develop please notify your County Medical Officer of Health immediately and arrangements will be made for COVID-19 testing.



Discharge Criteria- Home Isolation

NEW

Asymptomatic Cases

Persons will be discharged after:

1. Ten (10) days from the date that the swab was taken for the COVID-19 test

Discharge Criteria- Home Isolation

NEW

Symptomatic Cases

Persons will be discharged after:

1. A minimum of ten (10) days after they first had symptoms
2. PLUS three (3) days where they do not show any acute symptoms



* Previous criteria included an additional seven (7) days to be completed.

The timeframes indicated for home isolation are the minimum timeframes.

If you develop acute symptoms during the quarantine period, you will be swabbed and treated.

Common symptoms for acute infection include:

- **Cough**
- **Fever**
- **Runny nose (rhinorrhoea)**



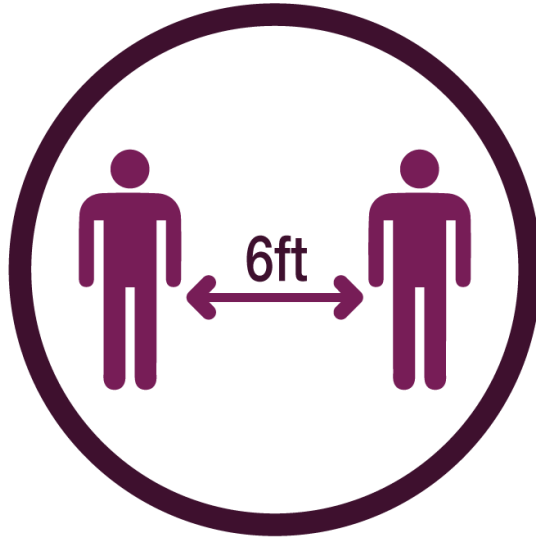
We continue to emphasise the importance of getting all your recommended vaccine doses including a booster dose when it is your turn.



Do them all and do them consistently



**Wear a
mask**



**Watch your
distance**



**Wash your
hands**