

1 **Cost-effectiveness of antigen testing for ending COVID-19 isolation**

2 **Short title: Cost-effectiveness of COVID-19 de-isolation strategies**

3 Sigal Maya MS¹, James G. Kahn MD MPH¹

4

5 ¹ Philip R. Lee Institute for Health Policy Studies, University of California San Francisco, San Francisco, CA,

6 USA

7

8

9 **Corresponding author:**

10 Sigal Maya, MS

11 Philip R. Lee Institute for Health Policy Studies

12 University of California San Francisco

13 490 Illinois St, Box 0936, San Francisco CA 95158

14 +1-628-629-5642

15 Sigal.Maya@ucsf.edu

16

17 **Abstract**

18 **Background:** The Omicron variant of SARS-CoV-2 led to a steep rise in transmissions. Recently, as public
19 tolerance for isolation abated, CDC guidance on duration of at-home isolation of COVID-19 cases was
20 shortened to five days if no symptoms, with no lab test requirement, despite more cautious approaches
21 advocated by other federal experts.

22 **Methods:** We conducted a decision tree analysis of alternative protocols for ending COVID-19 isolation,
23 estimating net costs (direct and productivity), secondary infections, and incremental cost-effectiveness
24 ratios. Sensitivity analyses assessed the impact of input uncertainty.

25 **Results :** Per 100 individuals, five-day isolation had 23 predicted secondary infections and a net cost of
26 \$33,000. Symptom check on day five (CDC guidance) yielded a 23% decrease in secondary infections (to
27 17.8), with a net cost of \$45,000. Antigen testing on day six yielded 2.9 secondary infections and
28 \$63,000 in net costs. This protocol, compared to the next best protocol of antigen testing on day five of
29 a maximum eight-day isolation, cost an additional \$1,300 per secondary infection averted. Antigen or
30 polymerase chain reaction testing on day five were dominated (more expensive and less effective)
31 versus antigen testing on day six. Results were qualitatively robust to uncertainty in key inputs.

32 **Conclusions:** A six-day isolation with antigen testing to confirm the absence of contagious virus appears
33 the most effective and cost-effective de-isolation protocol to shorten at-home isolation of individuals
34 with COVID-19.

35

36 **Introduction**

37 The SARS-CoV-2 B.1.1.529 (Omicron) variant was designated a variant of concern by the World
38 Health Organization in November 2021, as it had several mutations that are suspected to impact its
39 transmissibility and disease severity.[1, 2] In late December, in the US, where vaccination coverage is
40 above 60%,[3] public health guidance from the Centers for Disease Control and Prevention (CDC)
41 regarding isolation of COVID-19 cases were relaxed. The recommended duration of isolation was
42 decreased from ten to five days, with no laboratory testing required to end isolation.[4] Individuals were
43 asked to evaluate their symptoms on day five to determine whether to continue isolating for the full ten
44 days. This guidance was received with skepticism[5-7] given the understanding that Omicron,
45 constituting 95% of COVID-19 cases in the US,[8] was potentially more transmissible than earlier variants
46 and less susceptible to vaccines.[1, 2] Shortages of rapid antigen tests in the US,[7, 9] economic losses
47 associated with extended periods of isolation,[10] and the psychological effects of longer at-home
48 isolation durations[11] were suggested as possible reasonings behind the updated guidance. However,
49 fully elaborated scientific evidence supporting the decision was lacking.[12]

50 While quantitative studies on the viral kinetics and pathophysiology of the Omicron variant are
51 underway, decision makers must offer timely guidance that balances public health and economic
52 considerations in their COVID-19 isolation recommendations. Antigen testing could offer benefits over
53 using symptom status as a marker of infectivity given the high rate of asymptomatic COVID-19
54 infections.[13] We aimed to evaluate the trade-offs between costs (including lost productivity) and
55 secondary infections averted when adopting different protocols to end COVID-19 isolation in order to
56 provide an evidence-base for such decisions.

57

58 **Materials and Methods**

59 ***Model design***

60 We modeled six different protocols for ending COVID-19 isolation. Using a customized decision
61 tree template, we compared the number of secondary COVID-19 infections that occurred when
62 individuals followed each of these different protocols. We adopted a societal perspective and a two-
63 week time horizon to capture all costs and secondary infections. The cohort consisted of 100 individuals
64 in the US who had COVID-19 (confirmed by PCR and/or antigen test) and were on the fifth day of
65 isolation. We modeled only individuals with asymptomatic or mild COVID-19; those with more severe
66 disease would be hospitalized rather than isolating at home and therefore were not included.

67 ***De-isolation protocols***

68 Interventions were selected to demonstrate current policy options as well as alternatives that
69 might reduce transmissions while also shortening isolation duration. While not exhaustive, these
70 protocols represent a variety of options that might warrant further evaluation. In all strategies,
71 individuals leaving isolation were assumed to follow best practices for infection prevention, which at the
72 time of the analysis included mask wearing. Individuals could leave their home the day after their
73 isolation ended (i.e., for a five-day isolation, they spent five full days at home and could leave on day six
74 if cleared).

75 *Five-day isolation.* Person with confirmed COVID-19 stays at home for five days, then can leave
76 without any further consideration.

77 *Ten-day isolation with symptom check on day five (i.e., the CDC guidance).* Person with
78 confirmed COVID-19 stays at home for five days. On day five, they review their symptoms. Those who
79 were asymptomatic or fever free for 24 hours can end isolation, while those with persisting symptoms
80 continue to isolate until day ten.

81 *Ten-day isolation with antigen test on day five.* Person with confirmed COVID-19 stays at home
82 for five days. On day five, they perform a rapid antigen test. Those who test negative can end isolation
83 while those who test positive continue to isolate until day ten.

84 *Ten-day isolation with PCR test on day five.* Person with confirmed COVID-19 stays at home for
85 five days. On day five, they conduct a PCR test. Those who test negative can end isolation while those
86 who test positive continue to isolate until day ten. We assumed results are obtained within 24 hours.

87 *Ten-day isolation with antigen test on day six.* Person with confirmed COVID-19 stays at home
88 for six days. On day six, they perform a rapid antigen test. Those who test negative can end isolation
89 while those who test positive continue to isolate until day ten.

90 *Eight-day isolation with antigen test on day five.* Person with confirmed COVID-19 stays at home
91 for five days. On day five, they perform a rapid antigen test. Those who test negative can end isolation
92 while those who test positive continue to isolate until day eight instead of day ten (no re-test is done).

93 ***Key assumptions***

94 We assumed that no one in the cohort was SARS-CoV-2-naïve (i.e., all had begun isolation based
95 on true-positive test results). As such, individuals were either still carrying contagious virus or had
96 cleared all viable virus. We defined a frontloaded distribution for infectivity over ten days following
97 symptom onset (or positive test, if asymptomatic), based on empirical data on culture-positivity of
98 patient samples.[14-17] For those remaining in isolation after day five, we assumed imperfect isolation
99 effectiveness such that continued isolation led to a 95% reduction in the risk of transmission. Finally, for
100 illustration purposes, we assumed 100% testing coverage (i.e., everyone had access to the tests
101 necessary). This was varied in sensitivity analyses.

102 ***Model inputs***

103 We used data specific to the Omicron variant when available to parameterize the model.
104 Otherwise, we used data generated during the wildtype (Alpha) and B.1.617.2 (Delta) variant waves. Key
105 model inputs are presented in Table 1, with uncertainty ranges and sources.

106

107 **Table 1. Model parameters, uncertainty ranges, and sources**

Parameter	Base-case input	Uncertainty range	Source
Health parameters			
% still infectious on day 5	90%	45% – 100%	Wolfel 2020[16]
Reduction in portion with infectious virus from day 5 to 6	22%	0% – 50%	Wolfel 2020[16]
Secondary reproduction number	1.2	0.96 – 1.4	CMMID 2022[18]
Intervention parameters			
Symptom check sensitivity	23.8%	18.4% – 33.3%	Ma 2021[19], Dinh 2021[20]
Antigen test sensitivity	79.3%	65.3% – 93.3%	Pilarowski 2021[21]; see text
PCR test sensitivity	89.0%	83.0% – 93.0%	Mallett 2020[22], Singanayagam 2020[13]
Intervention reach or adherence (same for all interventions)	100%	0% – 100%	Assumed
Effectiveness of isolation for reducing transmission	95%		Assumed
Cost parameters (per person)			
Antigen test cost	\$10	\$5 – \$15	URMC 2022[23], Krouse 2020[24]
PCR test cost	\$150	\$100 – \$200	URMC 2022[23]
Direct medical cost	\$1436	\$500 – \$2000	Rae 2020[25]
Daily productivity	\$200		Assumed; \$25 per hour
Productivity drop in isolation	90%		Assumed

108

109 *Health inputs.* The probability of carrying viable SARS-CoV-2 was 90% on day five and 70% on
110 day six, quickly dropping to zero by day ten from the start of isolation, based on studies of previous
111 variants.[13-17] The effective secondary reproduction number (R_{eff}), which implicitly accounts for
112 infection prevention measures that were in place such as mask wearing, was used to calculate the
113 number of secondary infections that occur per index case. As of January 16th, 2022, R_{eff} was estimated as
114 1.2 in the US.[18] We adjusted this value based on the probability of carrying infectious virus on each
115 day of infection to reflect the reduced transmissibility five days after the start of isolation; the “residual
116 R ” was 0.26 over days six to ten if isolation was discontinued (See S1 Appendix for calculations). Similar
117 calculations were made to adjust R_{eff} for de-isolation protocols requiring longer isolation periods.

118 *Test performance.* Forty percent of relevant COVID-19 cases were asymptomatic,[19] and of
119 those who develop symptoms, 60% had symptom resolution by day five post-symptom onset,[20]
120 yielding approximately 24% sensitivity for the symptom check protocol. Previous studies among mildly
121 symptomatic and asymptomatic individuals showed antigen tests had over 93% sensitivity for viral loads
122 high enough to be transmissible.[21] We reduced this value by 15% to account for the suspected
123 reduction in sensitivity for the Omicron variant,[1] which resulted in approximately 80% antigen test
124 sensitivity. PCR tests had 89% sensitivity.[22]

125 *Cost inputs.* Costs were calculated from a societal perspective and in 2022 US dollars. A rapid
126 antigen test cost \$10, while a PCR test cost \$150.[23, 24, 26] Productivity loss due to isolation was \$900
127 over five days, assuming a 90% decrease in productivity and \$200 per day. This is likely an overestimate
128 of productivity loss since many individuals with asymptomatic COVID-19 isolating at home can continue
129 working remotely with no or minimal loss in productivity. We therefore calculated base-case outputs
130 both with and without productivity loss. Direct medical costs incurred for secondary infections were
131 \$1436 on average; this accounted for varying costs for different disease severity levels (e.g., \$0 if
132 asymptomatic or no healthcare is sought vs. \$61,000 if ICU admission is required; see S1 Appendix).[25,
133 27] We assumed all medical costs were incurred in year one and did not require discounting.

134 ***Model outputs and sensitivity analyses***

135 We compared the number of secondary infections, societal net costs, and, when appropriate,
136 incremental cost-effectiveness ratios (ICERs) given different de-isolation protocols. De-isolation
137 protocols that led to fewer net costs and fewer secondary infections than their comparator were
138 dominant; no ICERs were calculated.

139 We conducted deterministic and probabilistic sensitivity analyses to assess uncertainty in key
140 inputs in Table 1. Since test availability and protocol adherence was arbitrarily set as 100%, these two
141 inputs were not included in one-way and multivariate (Monte Carlo) sensitivity analyses. Instead, we

142 performed threshold analyses and two-way sensitivity analyses (where inputs were varied two at a time)
143 to determine minimum necessary adherence and test availability for de-isolation protocols to be
144 effective. When test availability was not 100%, individuals left isolation after the day on which they
145 would have otherwise taken a test.

146 Additionally, we simulated three separate risk scenarios to evaluate how the environment
147 individuals are re-entering upon ending isolation would affect outcomes. The change in the risk of
148 infection due to varying vaccination rate, mask-wearing[3, 28-30], and number of contacts[31] from
149 base-case were used to adjust the transmission rate, R_{eff} (see S1 Appendix). A *low-risk scenario* was
150 defined representing the infected individual re-joining the household where everyone was fully
151 vaccinated and continued to wear masks for the next five days ($R_{\text{eff}}=0.35$, residual R after de-
152 isolation=0.07). A *medium-risk scenario* reflected individuals starting to see few non-household
153 members, all of whom were fully vaccinated, but mask-wearing was inconsistent ($R_{\text{eff}}=1.11$, residual
154 $R=0.24$). Finally, a *high-risk scenario* was defined in which both vaccination and mask-wearing was
155 inconsistent, and a greater number of social contacts were occurring (e.g., going to the movies, eating at
156 restaurants, attending school; $R_{\text{eff}}=3.78$, residual $R=0.81$). We did not conduct multivariate sensitivity
157 analyses on the scenarios.

158 **Statistical analysis**

159 The model was built in Excel® (Office 365, Microsoft Corporation) and sensitivity analyses were
160 conducted using @RISK® (version 8.2, Palisade Corporation). The decision tree and all data are available
161 upon request.

162

163 **Results**

164 Base-case results from a societal perspective (i.e., including productivity loss due to isolation)
165 are presented in Table 2; all outcomes are given per 100 individuals. Ending isolation at day five without

166 further testing led to 23.0 secondary infections and \$33,100 in direct medical costs. Symptom check at
 167 day five (17.8 secondary infections) reduced transmissions by 23% with a \$11,900 increase in net costs;
 168 the ICER was \$2,282 per secondary infection averted.

169

170 **Table 2. Base-case results from (a) societal perspective (including productivity loss) and (b) with direct**
 171 **costs only (no productivity loss).**

Option ^a	Testing cost	Medical cost	Productivity loss for index infection	Net cost	Secondary infections	Incremental cost	Secondary infections averted
2a. Societal perspective (including productivity loss)							
5-day isolation, no test	\$0	\$33,086	\$0	\$33,086	23.04	n/a	n/a
Symptom check on day 5	\$0	\$25,605	\$19,368	\$44,973	17.83	\$11,887	5.21
Antigen test on day 5 (8-day isolation)	\$1,000	\$14,391	\$38,564	\$53,954	10.02	\$20,868	13.02
Antigen test on day 6	\$1,000	\$4,132	\$58,056	\$63,189	2.88	\$30,103	20.16
Antigen test on day 5	\$1,000	\$8,159	\$64,273	\$73,432	5.68	\$10,243	-2.80
PCR test on day 5	\$15,000	\$5,112	\$72,099	\$92,211	3.56	\$29,022	-0.68
2b. Direct costs only (no productivity loss)							
Antigen test on day 6	\$1,000	\$4,132	-	\$5,132	2.88	n/a	n/a
Antigen test on day 5	\$1,000	\$8,159	-	\$9,159	5.68	\$4,027	-2.80
Antigen test on day 5, (8-day isolation)	\$1,000	\$14,391	-	\$15,391	10.02	\$10,258	-7.14
PCR test on day 5	\$15,000	\$5,112	-	\$20,112	3.56	\$14,979	-0.68
Symptom check on day 5	\$0	\$25,605	-	\$25,605	17.83	\$20,472	-14.95
5-day isolation, no test	\$0	\$33,086	-	\$33,086	23.04	\$27,953	-20.16

172 Values are per 100 people. De-isolation protocols are compared to previous non-dominated protocol.

173 ^a Isolation duration is up to 10 days unless otherwise noted.

174 ^b Strategy is extended dominated, i.e., a more expensive strategy (lower in the table) has a lower cost-
175 effectiveness ratio. ICERs that are not shown due to weak dominance are as follows: \$2,282 for
176 symptom check on day five versus no test; \$1,150 for antigen test on day five of eight-day isolation
177 versus symptom check; \$1,603 for antigen test on day five of eight-day isolation versus no test; and
178 \$1,293 for antigen test on day six versus antigen test on day five of eight-day isolation.

179
180 Antigen testing on day five of an eight-day isolation period cost an additional \$1,150 per
181 secondary infection averted compared with symptom check. This drop in the ICER represents extended
182 dominance[32] over the symptom check. The ICER for day five antigen test versus no test was \$1,603.

183 The most cost-effective de-isolation protocol was performing an antigen test on day six of a ten-
184 day isolation period. This protocol led to \$63,200 in net costs and 2.9 secondary infections, yielding an
185 ICER of \$1,293 per secondary infection averted versus an antigen test on day five of an eight-day
186 isolation, again representing extended dominance. Both antigen and PCR testing on day five were
187 dominated by antigen testing on day six; they led to greater net costs and more secondary infections.

188 If productivity losses were omitted, leaving just direct costs, antigen testing on day six was
189 strictly dominant (i.e., lowest net cost and fewest secondary infections) over all other de-isolation
190 protocols (Table 2).

191 ***Sensitivity analyses***

192 In one-way sensitivity analyses where key inputs were varied one at a time, antigen testing on
193 day five prevented between 51-85% secondary infections over symptom check, depending primarily on
194 antigen test sensitivity for transmissible viral loads. Secondary infections prevented with an antigen test
195 on day six versus day five was mostly related to the relative reduction in viable viral load from day five to
196 six and varied between 35-67%. Antigen test on day six, compared to the next most cost-effective option

197 (antigen test on day five of eight-day isolation) prevented between 3.6 and 8.0 secondary infections.

198 This value was most sensitive to the probability of having transmissible virus on day five (Figure 1).

199

200 **Fig 1. One-way sensitivity analyses on the number of secondary infections averted with antigen test**
201 **on day six versus next most cost-effective strategy (eight-day isolation with antigen test on day five).**

202 Base-case output is 7.14.

203

204 Probabilistic Monte Carlo analyses showed that antigen testing on day six was either dominant
205 or cost-effective with ICERs up to \$3,816 per secondary infection averted, given varying inputs. This
206 outcome was most sensitive to uncertainty in the probability of a persistent high viral load, followed by
207 the community transmission rate and the direct medical cost per COVID-19 infection. Antigen test on
208 day six always prevented more secondary infections than antigen test on day five of eight-day isolation
209 but had a nearly 90% probability of having greater net costs (Figure 2).

210

211 **Fig 2. Simulated incremental costs and secondary infections averted with antigen testing on day six of**
212 **isolation versus next most cost-effective strategy (eight-day isolation with antigen test on day five).**

213 1000 iterations. Shading represents 95% confidence area for results. Percentages are the probabilities of
214 the result being in each of the quadrants.

215

216 In all three of the risk scenarios considered, antigen testing on day six remained the optimal de-
217 isolation protocol (Table 3). Both the low- and medium-risk scenario results followed base-case findings:
218 symptom check at day five, antigen test on day five of eight-day isolation, and antigen test on day six
219 were all cost-effective with ICERs increasing as transmission risk decreases. The ICER for antigen testing
220 on day six was \$8,050 and \$1,500 per secondary infection averted in the low- and medium-risk

221 scenarios, respectively. In the high-risk scenario, antigen testing on day six was strictly dominant, leading
 222 to \$72,000 in net costs and 9.1 secondary infections, as opposed to \$100,000 net costs and 72.6
 223 secondary infections with a symptom check on day five.

224

225 **Table 3. Analyses of different risk scenarios. Values per 100 people.**

Option ^a	Testing cost	Medical cost	Productivity loss	Net cost	Secondary infections	Incremental cost	Secondary infections averted
Low Risk (R=0.35)							
5-day isolation, no test	\$0	\$9,516	\$0	\$9,516	6.63	n/a	n/a
Symptom check on day 5	\$0	\$7,364	\$19,368	\$26,732	5.13	\$17,217	1.50
Antigen test on day 5 (8-day isolation)	\$1,000	\$4,139	\$38,564	\$43,703	2.88	\$34,187	3.75
Antigen test on day 6	\$1,000	\$1,189	\$58,056	\$60,245	0.83	\$50,729	5.80
Antigen test on day 5	\$1,000	\$2,347	\$64,273	\$67,620	1.63	\$7,375	-0.81
PCR test on day 5	\$15,000	\$1,470	\$72,099	\$88,569	1.02	\$28,325	-0.20
Medium Risk (R=1.11)							
5-day isolation, no test	\$0	\$30,728	\$0	\$30,728	21.40	n/a	n/a
Symptom check on day 5	\$0	\$23,780	\$19,368	\$43,148	16.56	\$12,421	4.84
Antigen test on day 5 (8-day isolation)	\$1,000	\$13,365	\$38,564	\$52,929	9.31	\$22,201	12.09
Antigen test on day 6	\$1,000	\$3,838	\$58,056	\$62,894	2.67	\$32,166	18.73
Antigen test on day 5	\$1,000	\$7,577	\$64,273	\$72,851	5.28	\$9,956	-2.60
PCR test on day 5	\$15,000	\$4,747	\$72,099	\$91,846	3.31	\$28,952	-0.63
High Risk (R=3.78)							
Antigen test on day 6	\$1,000	\$13,021	\$58,056	\$72,077	9.07	n/a	n/a
Antigen test on day 5 (8-day isolation)	\$1,000	\$45,344	\$38,564	\$84,908	31.58	\$12,831	-22.51
Antigen test on day 5	\$1,000	\$25,709	\$64,273	\$90,982	17.90	\$18,904	-8.84
Symptom check on day 5	\$0	\$80,680	\$19,368	\$100,048	56.18	\$27,971	-47.12
PCR test on day 5	\$15,000	\$16,107	\$72,099	\$103,206	11.22	\$31,128	-2.15
5-day isolation, no test	\$0	\$104,251	\$0	\$104,251	72.60	\$32,174	-63.53

226 Values are per 100 people. De-isolation protocols are compared to previous non-dominated protocol.

227 ^a Isolation duration is up to 10 days unless otherwise noted.

228 ^b Strategy is extended dominated, i.e., a more expensive strategy (lower in the table) has a lower cost-

229 effectiveness ratio. ICERs that are not shown due to extended dominance are as follows: In the low risk

230 scenario, \$11,491 for symptom check versus no test, \$7,556 for antigen test on day five of eight-day
231 isolation versus symptom check, \$91,131 for antigen test on day five of eight-day isolation versus no
232 test, and \$8,051 for antigen test on day six versus antigen test on day five of eight-day isolation. In the
233 medium risk scenario, \$2,567 for symptom check versus no test, \$1,349 for antigen test on day five of
234 eight day isolation versus symptom check, \$1,836 for antigen test on day five of eight-day isolation
235 versus no test, and \$1,502 for antigen test on day six versus antigen test on day five of eight-day
236 isolation.

237

238 Under the base-case assumption of 100% adherence to a symptom check protocol, at least 30%
239 antigen test availability (i.e., 30% of those in isolation can access a test) was necessary for antigen
240 testing to prevent more secondary infections than the symptom check if done on day five. Similarly, PCR
241 tests had greater benefit than symptom check when test availability was greater than approximately
242 27%. In a two-way sensitivity analysis, if symptom check adherence was below 70%, then <20% antigen
243 test or <19% PCR test availability was sufficient for these tests to prevent a greater number of
244 transmissions than the symptom check protocol on day five. Notably, antigen testing on day six
245 prevented more secondary infections than symptom check on day five even when test availability was as
246 low as 1%, due to the added day of isolation.

247

248 **Discussion**

249 We compared health and cost outcomes associated with different de-isolation protocols to end
250 COVID-19 isolation for those with confirmed asymptomatic or mild COVID-19. All ICERs we calculated
251 had favorable cost-effectiveness ratios. We found that while symptom check without testing on day five
252 of isolation did reduce secondary transmissions after de-isolation by 23% compared to no testing, it still
253 led to nearly 18 secondary infections per 100 individuals and had the least favorable cost-effectiveness

254 ratio due to high medical costs for secondary infections. The most cost-effective protocol was to remain
255 in isolation through day six and then perform an antigen test, which dominated both antigen testing and
256 PCR testing on day five. Antigen testing on day six led to an overall 87% decrease in secondary infections
257 compared to no testing and cost an additional \$1,300 per secondary infection averted compared to the
258 next best option.

259 Notably, threshold analysis on antigen test availability suggested that the benefit of antigen
260 testing on day six might be primarily due to the extra day of isolation (during which the probability of
261 still carrying infectious virus quickly begins to drop), rather than the ability of the test to identify those
262 who still might have a transmissible viral load. This insight warrants further evaluation using emerging
263 data on the viral dynamics of Omicron. Moreover, antigen testing on day six was associated with lower
264 productivity loss than antigen testing on day five; even though everyone remained in isolation for one
265 more day, more individuals were cleared for de-isolation on day six than would have been on day five.
266 The four days gained by this portion of index cases offset the extra day lost by everyone. Workforce
267 shortages have been an important adverse effect of COVID-19 isolation.[33-37] Antigen testing on day
268 six generated both health and economic benefits; it minimized post-isolation transmissions while
269 allowing individuals to return to work sooner on average.

270 By modeling different risk scenarios, we demonstrated that the de-isolation environment had a
271 considerable impact on the cost-effectiveness of testing strategies. Regardless of the risk scenario, the
272 optimal protocol remained antigen testing on day six, which became dominant over other protocols in
273 high-risk situations and remained cost-effective, although cost-effectiveness was less favorable in low-
274 risk situations. Nevertheless, these findings suggest that much like other public health policy decisions
275 throughout the pandemic, de-isolation guidelines must evolve as the context of the pandemic shifts. For
276 example, potential new surges may call for more stringent policies with longer minimum isolation and
277 more sensitive tests, while declining transmissions may allow more lenient approaches. It is plausible

278 that the CDC has reached this same conclusion and proposed a symptom check rather than an antigen
279 test because of an expectation that transmissions would subside in the weeks following the
280 announcement of the new guidance. While reasonable at first glance, this could be a risky approach;
281 loosening infection prevention measures may have prevented the expected drop in transmissions,
282 leading instead to a quick rise in cases that would have prohibited the loosened guidance being put in
283 place to begin with. Indeed, our modeling of the CDC guidance resulted in a substantial number of
284 secondary COVID-19 cases given the transmission rate at the time the guidance was issued, some of
285 which were avoided with a different de-isolation approach.

286 Evidence from earlier SARS-CoV-2 variants suggest that transmissibility of the virus peaks by
287 approximately the fifth day from symptom onset, and swiftly drops afterward.[13-17, 38] However, the
288 risk of further transmission after day five is not zero, and it is highly dependent on health behavior
289 following de-isolation (e.g., continuing to wear masks, limiting the number of social contacts etc.) Given
290 the high probability of asymptomatic infection and the possibility of short-lived symptoms, a symptom
291 check to end isolation on the fifth day does not substantially reduce the risk of further transmission.
292 Antigen tests, on the other hand, allow a more accurate measure of ongoing risk. There is now evidence
293 that these rapid tests have good sensitivity for detecting high viral loads that are most likely to be
294 transmissible.[17, 21, 38, 39] As such, antigen tests are an important public health tool that can help
295 mitigate the health harms of the COVID-19 pandemic, and should be incorporated into public health
296 responses as resources allow.

297 ***Limitations***

298 This study had important limitations, especially regarding uncertainty in key inputs such as the
299 viral kinetics of SARS-CoV-2 and sensitivity of antigen tests. First, we distributed R_{eff} over the 10 days
300 following COVID-19 confirmation, but a portion of transmissions occur prior to the index case learning
301 their COVID-19 status and entering isolation. As such, we have overestimated the number of secondary

302 infections in our model and underestimated ICER values. Decreasing the residual R would increase ICERs
303 but given favorable ICERs even in the low-risk scenario, we believe the implications of our findings
304 would not be affected. More importantly, given the novelty of the Omicron variant, we had to rely on
305 studies of prior variants for these two important factors. While variance in neither of these inputs
306 changed cost-effectiveness results qualitatively, they did have an impact on the number of further
307 transmissions after isolation and thus the level of cost-effectiveness. Additional studies on the viral
308 kinetics of the Omicron variant are necessary to refine these estimates.

309

310 **Conclusions**

311 The Omicron variant of SARS-CoV-2 presents a new threat to public health due to its high
312 transmissibility and potential ability to evade vaccine-induced immunity. Cost-effectiveness analyses can
313 help decision makers assess the trade-offs between the economic disadvantages and health risks of
314 adopting different COVID-19 de-isolation guidance. Using a decision tree model and Omicron-specific
315 data when available, we found that ending isolation in five days given a negative symptom check left
316 substantial risk of transmission and was not the most cost-effective strategy even when high
317 productivity losses of longer isolation were accounted for. Instead, our findings suggest a baseline
318 isolation duration of six days, at which time an antigen test, if available, can be conducted to confirm
319 that the individual no longer carries transmissible SARS-CoV-2.

320

321 **Acknowledgements**

322 The authors thank Dr. Elliot Marseille for review.

References

1. Rao S, Singh M. The Newly Detected B.1.1.529 (Omicron) Variant of SARS-CoV-2 With Multiple Mutations Implications for transmission, diagnostics, therapeutics, and immune evasion. DHR Proceedings. 2021;1(S5):7-10. doi: 10.47488/dhrp.v1iS5.35.
2. Abdool Karim SS, Abdool Karim Q. Omicron SARS-CoV-2 variant: a new chapter in the COVID-19 pandemic. The Lancet. 2021;398(10317):2126-8. doi: 10.1016/s0140-6736(21)02758-6.
3. Institute for Health Metrics and Evaluation. COVID-19 Projections 2022 [11 January 2022]. Available from: <https://covid19.healthdata.org/united-states-of-america>.
4. CDC Updates and Shortens Recommended Isolation and Quarantine Period for General Population [Internet]. 2021; December 27. Available from: <https://www.cdc.gov/media/releases/2021/s1227-isolation-quarantine-guidance.html>
5. AMA: CDC quarantine and isolation guidance is confusing, counterproductive [Internet]. American Medical Association; 2022; January 5. Available from: <https://www.ama-assn.org/press-center/press-releases/ama-cdc-quarantine-and-isolation-guidance-confusing-counterproductive>
6. LaFraniere S, Stolberg SG, Weiland N. For C.D.C.'s Walensky, a Steep Learning Curve on Messaging. The New York Times. 2022.
7. Tufekci Z. The C.D.C. Is Hoping You'll Figure Covid Out on Your Own. The New York Times. 2022.
8. Centers for Disease Control and Prevention. COVID Data Tracker 2022. Available from: <https://covid.cdc.gov/covid-data-tracker/#variant-proportions>.
9. Heyward G, Kasakove S. Americans Hunt for Virus Tests and the Assurance of Safe Holiday Gatherings. The New York Times. 2021.
10. Hirsch L. The C.D.C.'s decision to halve isolation will ease staffing woes for airlines, but concerns linger. The New York Times. 2021.

11. Sharfstein J. Bonus - The COVID-19 Pandemic's Transition Phase with Dr. Monica Gandhi: What Questions Do We Need to Ask and What Answers Do We Need to Find in 2022? Public Health on Call: Johns Hopkins Bloomberg School of Public Health; 2022.
12. Wuth C. MDHHS statement on CDC guidelines: Michigan Department of Health and Human Services; 2021 [cited 2022 January 21]. Available from: <https://www.michigan.gov/coronavirus/0,9753,7-406-98163-574710--,00.html>.
13. Singanayagam A, Patel M, Charlett A, Lopez Bernal J, Saliba V, Ellis J, et al. Duration of infectiousness and correlation with RT-PCR cycle threshold values in cases of COVID-19, England, January to May 2020. *Euro Surveill.* 2020;25(32). doi: 10.2807/1560-7917.ES.2020.25.32.2001483. PubMed PMID: 32794447; PubMed Central PMCID: PMC7427302.
14. Walsh KA, Jordan K, Clyne B, Rohde D, Drummond L, Byrne P, et al. SARS-CoV-2 detection, viral load and infectivity over the course of an infection. *J Infect.* 2020;81(3):357-71. Epub 20200629. doi: 10.1016/j.jinf.2020.06.067. PubMed PMID: 32615199; PubMed Central PMCID: PMC7323671.
15. He X, Lau EHY, Wu P, Deng X, Wang J, Hao X, et al. Temporal dynamics in viral shedding and transmissibility of COVID-19. *Nat Med.* 2020;26(5):672-5. Epub 20200415. doi: 10.1038/s41591-020-0869-5. PubMed PMID: 32296168.
16. Wolfel R, Corman VM, Guggemos W, Seilmaier M, Zange S, Muller MA, et al. Virological assessment of hospitalized patients with COVID-2019. *Nature.* 2020;581(7809):465-9. Epub 20200401. doi: 10.1038/s41586-020-2196-x. PubMed PMID: 32235945.
17. Perera RAPM, Tso E, Tsang OTY, Tsang DNC, Fung K, Leung YWY, et al. SARS-CoV-2 Virus Culture and Subgenomic RNA for Respiratory Specimens from Patients with Mild Coronavirus Disease. *Emerg Infect Dis.* 2020;26(11):2701-4. Epub 20200804. doi: 10.3201/eid2611.203219. PubMed PMID: 32749957; PubMed Central PMCID: PMC7588524.

18. CMMID COVID modelling group. National and Subnational estimates for the United States of America 2022 [18 January 2022]. Available from: <https://epiforecasts.io/covid/posts/national/united-states/>.
19. Ma Q, Liu J, Liu Q, Kang L, Liu R, Jing W, et al. Global Percentage of Asymptomatic SARS-CoV-2 Infections Among the Tested Population and Individuals With Confirmed COVID-19 Diagnosis: A Systematic Review and Meta-analysis. *JAMA Netw Open*. 2021;4(12):e2137257. Epub 20211201. doi: 10.1001/jamanetworkopen.2021.37257. PubMed PMID: 34905008; PubMed Central PMCID: PMCPMC8672238.
20. Dinh A, Jaulmes L, Dechartres A, Duran C, Mascitti H, Lescure X, et al. Time to resolution of respiratory and systemic coronavirus disease 2019 symptoms in community setting. *Clin Microbiol Infect*. 2021;27(12):1862 e1- e4. Epub 20210903. doi: 10.1016/j.cmi.2021.08.021. PubMed PMID: 34481989; PubMed Central PMCID: PMCPMC8413093.
21. Pilarowski G, Lebel P, Sunshine S, Liu J, Crawford E, Marquez C, et al. Performance Characteristics of a Rapid Severe Acute Respiratory Syndrome Coronavirus 2 Antigen Detection Assay at a Public Plaza Testing Site in San Francisco. *J Infect Dis*. 2021;223(7):1139-44. doi: 10.1093/infdis/jiaa802. PubMed PMID: 33394052; PubMed Central PMCID: PMCPMC7799021.
22. Mallett S, Allen AJ, Graziadio S, Taylor SA, Sakai NS, Green K, et al. At what times during infection is SARS-CoV-2 detectable and no longer detectable using RT-PCR-based tests? A systematic review of individual participant data. *BMC Med*. 2020;18(1):346. Epub 20201104. doi: 10.1186/s12916-020-01810-8. PubMed PMID: 33143712; PubMed Central PMCID: PMCPMC7609379.
23. University of Rochester Medical Center. COVID-19 Related Testing Costs 2022 [12 January 2022]. Available from: <https://www.urmc.rochester.edu/patients-families/bill-pay/cost-estimates-and-pricing/covid-19-related-testing-charges.aspx>.

24. Krouse S. Abbott's \$5 Covid-19 Rapid Antigen Test Gets Emergency-Use Status From FDA. The Wall Street Journal. 2020.
25. Rae M, Claxton G, Kurani N, McDermott D, Cox C. Potential costs of COVID-19 treatment for people with employer coverage: Peterson-KFF Health System Tracker; 2020 [cited 2020]. Available from: <https://www.healthsystemtracker.org/brief/potential-costs-of-coronavirus-treatment-for-people-with-employer-coverage/>.
26. Kurani N, Pollitz K, Cotliar D, Ramirez G, Cox C. COVID-19 test prices and payment policy 2021 [updated April 28]. Available from: <https://www.healthsystemtracker.org/brief/covid-19-test-prices-and-payment-policy/>.
27. Yek C, Warner S, Wiltz JL, Sun J, Adjei S, Mancera A, et al. Risk Factors for Severe COVID-19 Outcomes Among Persons Aged ≥ 18 Years Who Completed a Primary COVID-19 Vaccination Series — 465 Health Care Facilities, United States, December 2020–October 2021. *MMWR*. 2022;71(1):19-25. doi: 10.1101/2021.07.08.21259776v1.
28. Li Y, Liang M, Gao L, Ayaz Ahmed M, Uy JP, Cheng C, et al. Face masks to prevent transmission of COVID-19: A systematic review and meta-analysis. *Am J Infect Control*. 2021;49(7):900-6. Epub 20201219. doi: 10.1016/j.ajic.2020.12.007. PubMed PMID: 33347937; PubMed Central PMCID: PMC7748970.
29. Fischer CB, Adrien N, Silguero JJ, Hopper JJ, Chowdhury AI, Werler MM. Mask adherence and rate of COVID-19 across the United States. *PLoS One*. 2021;16(4):e0249891. Epub 20210414. doi: 10.1371/journal.pone.0249891. PubMed PMID: 33852626; PubMed Central PMCID: PMC78046247.
30. Hearne BN, Nino MD. Understanding How Race, Ethnicity, and Gender Shape Mask-Wearing Adherence During the COVID-19 Pandemic: Evidence from the COVID Impact Survey. *J Racial Ethn Health Disparities*. 2021. Epub 20210119. doi: 10.1007/s40615-020-00941-1. PubMed PMID: 33469866; PubMed Central PMCID: PMC7814861.

31. Feehan DM, Mahmud AS. Quantifying population contact patterns in the United States during the COVID-19 pandemic. *Nat Commun.* 2021;12(1):893. Epub 20210209. doi: 10.1038/s41467-021-20990-2. PubMed PMID: 33563992; PubMed Central PMCID: PMC7873309.
32. Kamlet MS. A framework for cost-utility analysis of government healthcare programs. Office of Disease Prevention and Health Promotion, Public Health Service, U.S. Department of Health and Human Services, 1992.
33. Kim L. These 18 States Are Grappling With Critical Hospital Worker Shortages As Covid Hospitalizations Surge. *Forbes.* 2022 January 8.
34. California Department of Public Health. Guidance on Quarantine and Isolation for Health Care Personnel (HCP) Exposed to SARS-CoV-2 and Return to Work for HCP with COVID-19 Sacramento, CA2022. Available from: <https://www.cdph.ca.gov/Programs/CHCQ/LCP/Pages/AFL-21-08.aspx>.
35. Cano R. Hundreds of S.F. employees are under quarantine as omicron strains city services. *San Francisco Chronicle.* 2022 January 4.
36. Hookway J, Grove T. As Omicron Spreads, Governments Race to Ease Staff Shortages. *The Wall Street Journal.* 2021 December 27.
37. Gentry D. COVID-positive workers pressured to stay on the job, say OSHA complaints. *Nevada Current.* 2022 January 11.
38. Sia SF, Yan LM, Chin AWH, Fung K, Choy KT, Wong AYL, et al. Pathogenesis and transmission of SARS-CoV-2 in golden hamsters. *Nature.* 2020;583(7818):834-8. Epub 20200514. doi: 10.1038/s41586-020-2342-5. PubMed PMID: 32408338; PubMed Central PMCID: PMC7394720.
39. Pekosz A, Parvu V, Li M, Andrews JC, Manabe YC, Kodsi S, et al. Antigen-Based Testing but Not Real-Time Polymerase Chain Reaction Correlates With Severe Acute Respiratory Syndrome Coronavirus 2 Viral Culture. *Clinical Infectious Diseases.* 2021;73(9):e2861-e6. doi: 10.1093/cid/ciaa1706. PubMed PMID: 33479756; PubMed Central PMCID: PMC7929138.

Supporting Information

S1 Appendix. Medical costs, transmission rates, infectivity.

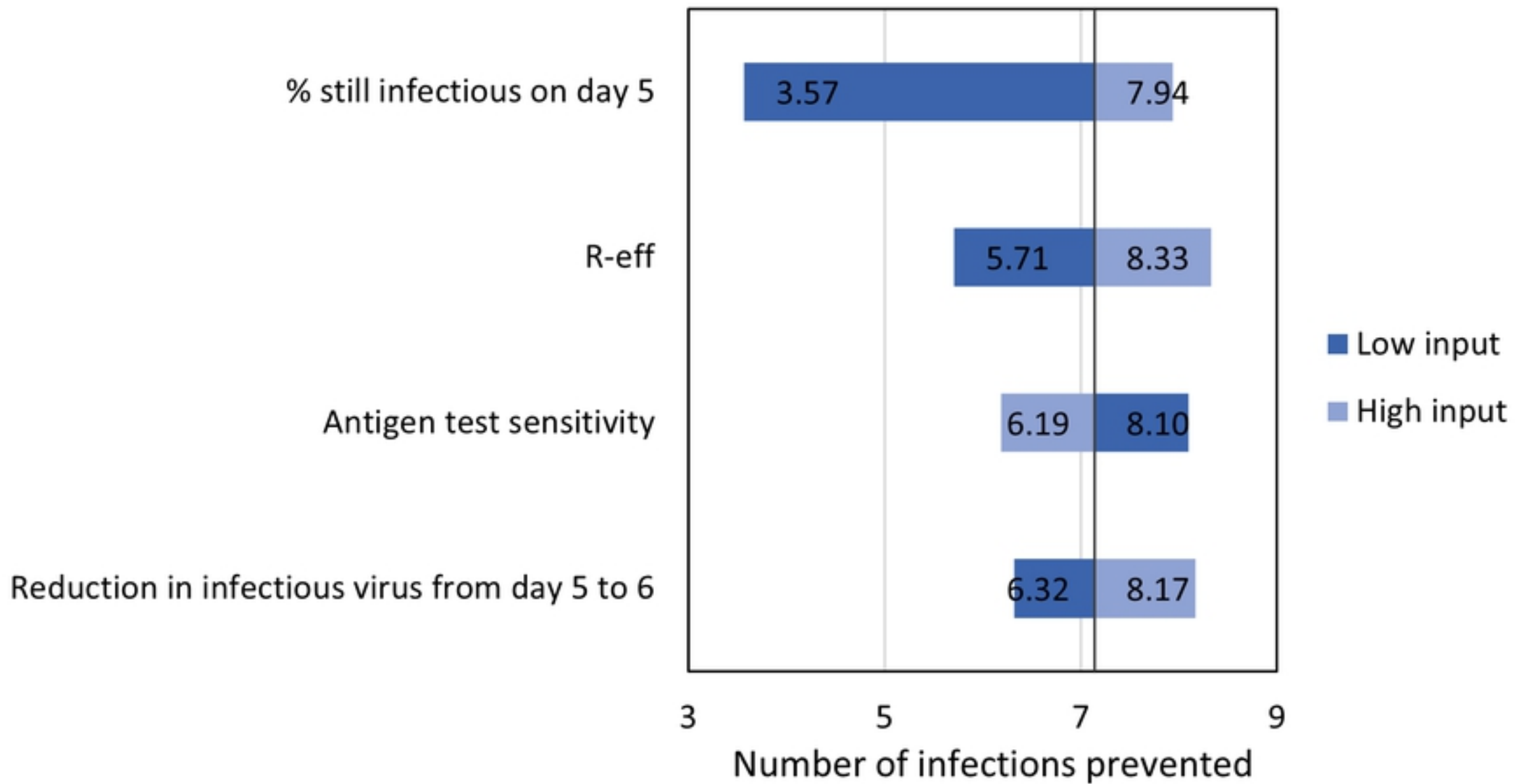


Figure 1

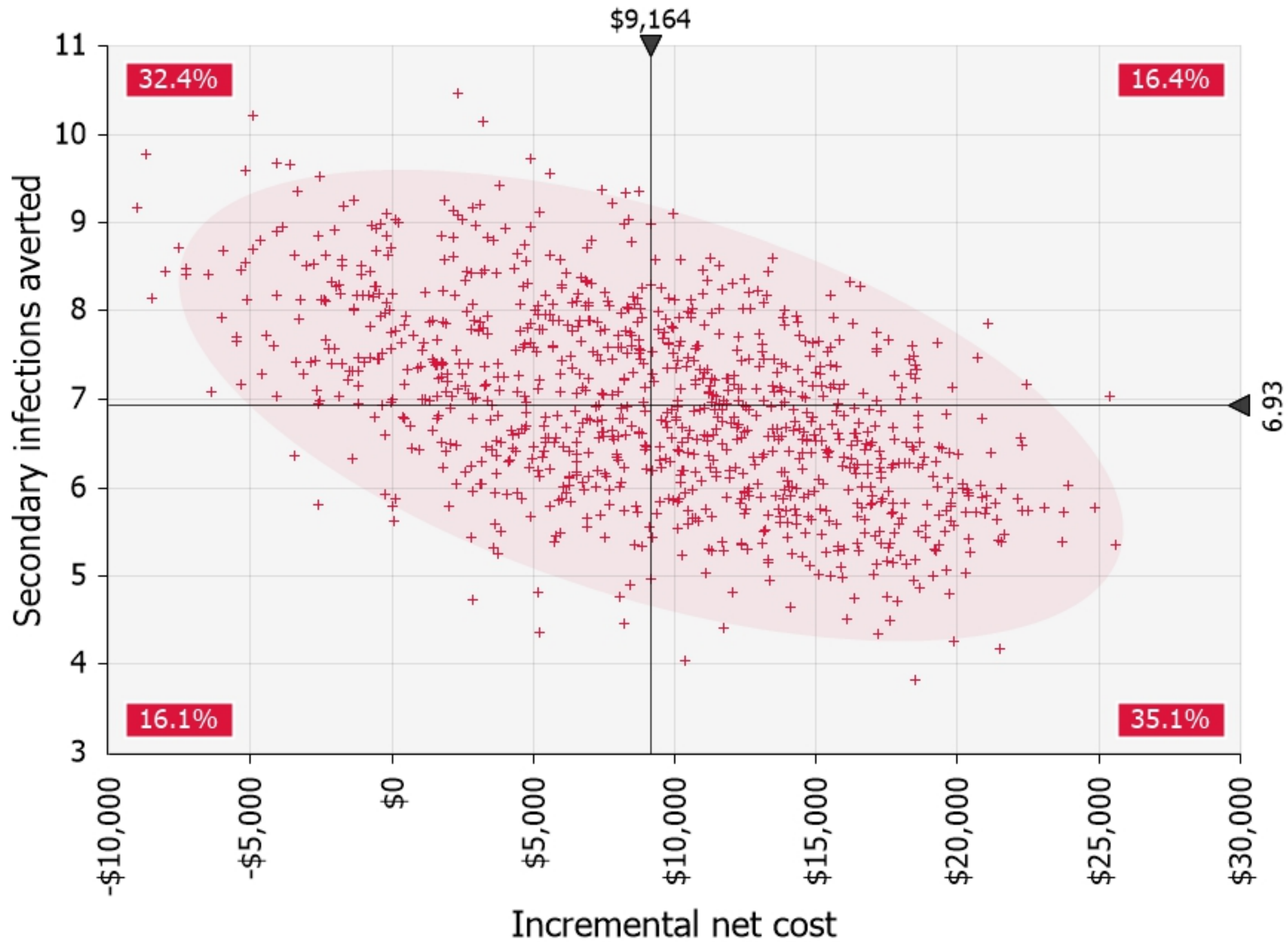


Figure 2