# COVID-19 Quarantine and Isolation Guidance by Population

**Updated December 11, 2020**

<table>
<thead>
<tr>
<th>Use of Masks</th>
<th>General Public AND Non-Clinical Workers (Customer/client-facing businesses and non-profit organizations, office-based businesses)</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Cloth face covering in public, unless higher-quality masks are available and tolerated</td>
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<tr>
<td>• Cloth face covering at work or surgical mask/personal protective equipment (PPE) depending on the type of the work</td>
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<td>Quarantine Duration After Exposure</td>
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<td>Work During Quarantine?</td>
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</tr>
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<td>Isolation Duration</td>
<td><em><em>Symptomatic person (not immunocompromised</em>)</em>*</td>
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<td>-AND- End Isolation/Back to Work or School Requirements</td>
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<td><strong>Consider test-based strategy if person is severely immunocompromised and concerns exist for the person being infectious for more than 20 days.</strong> Consultation with infectious disease specialist is advised in deciding to use the test-based strategy. Isolate until:</td>
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<td>• Two negative tests 24 hours apart</td>
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<td>Work During Isolation?</td>
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<td>Where to Get Tested</td>
<td>Call your healthcare provider or visit <a href="https://www.rhodeisland.gov/health/covid19/testing">RIDOH’s COVID-19 testing webpage</a>.</td>
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*Immunocompromised is defined as:*
- Currently receiving chemotherapy for cancer
- Untreated HIV infection with CD4 T lymphocyte count lower than 200
- **Combined primary immunodeficiency disorder:** Primary immunodeficiency disorders (PIDDs) are a group of inherited conditions affecting the immune system.
- Taking more than 20 mg a day of prednisone, for more than 14 days
- Other condition(s) as determined by the treating healthcare provider
**Critical Infrastructure Workers**  
(Staff in healthcare, including nursing home/assisted living staff; public health; public safety; social service; and election workers)  
**Congregate Care Facility Staff**  
(Staff at homeless shelters, group homes, correctional facilities, and detention centers)

| Use of Masks | • Surgical mask at work/in all healthcare settings (patient care and non-patient care areas)  
• Higher-level PPE, as indicated  
• Cloth face covering at work for all others |
| --- | --- |
| **Quarantine Duration After Exposure** | • 10 days from last day of contact/exposure to the case (during the infectious period of the case, whether probable, test-confirmed, or asymptomatic test-confirmed) OR  
• 7 days with a negative result from a test taken 5 days or more after exposure  
• Watch for symptoms for a full 14 days after exposure |
| **Work During Quarantine?** | Yes, **if needed for staffing**. While at work, worker must:  
• Wear surgical mask at all times (or higher-level PPE, as indicated)  
• Monitor temperature and symptoms every four hours  
• Cease working and isolate immediately if symptoms develop |
| **Isolation Duration -AND- End Isolation/Back to Work Requirements** | **Symptomatic person (not immunocompromised)**  
Isolate for **at least 10 days** until:  
• At least 10 days have passed since symptoms first appeared **AND**  
• At least 24 hours have passed since last fever without fever-reducing medications **AND**  
• Symptoms have improved  
**Symptomatic person (immunocompromised)**  
Isolate for **at least 20 days** until:  
• At least 20 days have passed since symptoms first appeared **AND**  
• At least 24 hours have passed since last fever without fever-reducing medications **AND**  
• Symptoms have improved  
**Asymptomatic person, tested positive and does not have symptoms, use time-based strategy**  
Persons who are not immunocompromised* and remain asymptomatic:  
• Isolation may be discontinued when **at least 10 days** have passed since the date of their first positive diagnostic test.  
Persons who are immunocompromised* and remain asymptomatic:  
• Isolation may be discontinued when **at least 20 days** have passed since the date of their first positive diagnostic test.  
**Consider test-based strategy if person is severely immunocompromised and concerns exist for the person being infectious for more than 20 days.**  
Consultation with infectious disease specialist is advised in deciding to use the test-based strategy. Isolate until:  
• Fever free without fever-reducing medications **AND**  
• Symptoms improved **AND**  
• Two negative tests 24 hours apart |
| **Work During Isolation?** | Yes, in limited circumstances (healthcare staff only) and **in consultation with RIDOH**:  
• If needed to fill a critical staffing position  
• Must be **asymptomatic**  
• Must monitor temperature and symptoms every four hours at work  
• Must wear surgical mask (or higher-level PPE, as needed, for patient care) at all times  
• May only care for COVID-positive patients  
• Must remain in units caring only for COVID-positive patients (other than entering/exiting facility)  
• Must cease working and isolate if symptoms develop  
• May not care for severely immunocompromised patients (transplant, hematology-oncology) |
| **Surveillance Testing** | Periodic testing of specific, asymptomatic staff as coordinated by RIDOH  
**After testing positive, testing again in the next three months is not recommended** |
| **Where to Get Tested** | Call your healthcare provider or visit [RIDOH’s COVID-19 testing webpage](https://www.ridoh.gov/covid-19/) |

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• Currently receiving chemotherapy for cancer  
• Untreated HIV infection with CD4 T lymphocyte count lower than 200  
• **Combined primary immunodeficiency disorder**: Primary immunodeficiency disorders (PIDDs) are a group of inherited conditions affecting the immune system.  
• Taking more than 20 mg a day of prednisone, for more than 14 days  
• Other condition(s) as determined by the treating healthcare provider*
# Nursing Home and Assisted Living Facility Residents

## Use of Masks
Cloth face covering, or higher-quality mask if available and tolerated, when outside of personal room.

## Quarantine Duration
14 days from last day of contact/exposure to a case or COVID unit (during the infectious period of the case, whether probable, test-confirmed or asymptomatic-test confirmed):
- Quarantine for 14 days, ideally in a separate room, if feasible
- Quarantine for 14 days following hospital or ED visit discharge
- Hospital discharge to quarantine facility or COVID-negative facility: negative result from one test from a nasopharyngeal specimen during hospital stay (can be during admission)
- ED discharge to quarantine facility or COVID-negative facility: If no current symptoms of COVID-19, no testing is recommended.

## Isolation Duration

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## Asymptomatic person, tested positive and does not have symptoms, use time-based strategy
Persons who are not immunocompromised* and remain asymptomatic:
- Isolation may be discontinued when at least 10 days have passed since the date of their first positive diagnostic test.

Persons who are immunocompromised* and remain asymptomatic:
- Isolation may be discontinued when at least 20 days have passed since the date of their first positive diagnostic test.

## Consider test-based strategy if person is immunocompromised and concerns exist for the person being infectious for more than 20 days.
Consultation with infectious disease specialist is advised in deciding to use the test-based strategy. Isolate until:
- Fever free without fever-reducing medications AND
- Symptoms improved AND
- Two negative tests 24 hours apart

## Surveillance Testing
Testing of residents during an outbreak is coordinated by RIDOH. **After testing positive, testing again in the next three months is not recommended**

## Where to Test
Testing is arranged by RIDOH (Call 401-654-6990)

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- **Combined primary immunodeficiency disorder**: Primary immunodeficiency disorders (PIDDs) are a group of inherited conditions affecting the immune system.
- Taking more than 20 mg a day of prednisone, for more than 14 days
Other condition(s) as determined by the treating healthcare provider
### Other Congregate Care Facility Residents
(Residents of homeless shelters, group homes, correctional facilities, detention centers, and training school)

#### Use of Masks
- Cloth face covering, or higher-quality mask, if available and tolerated, when outside of personal room

#### Admission Testing
- DCYF is testing select group home admissions and training school admissions
- **Hospital discharge to congregate care facility**: negative test result from a nasopharyngeal specimen during hospital stay (can be during admission)
- **ED discharge to congregate care facility**: if no current symptoms of COVID-19, no testing is recommended.

#### Quarantine Duration
- 10 days from last day of contact/exposure to the case (during the infectious period of the case, whether probable, test-confirmed, or asymptomatic test-confirmed) OR
- 7 days with a negative result from a test taken 5 days or more after exposure
- Watch for symptoms for a full 14 days after exposure
- Ideally quarantine in a separate room, if feasible
- Quarantine following hospital or ED visit discharge

In homeless shelters and facilities where adherence to quarantine is challenging:
- Resident must wear face mask or cloth face covering at all times, as tolerated
- Implement best possible physical distancing
- Conduct diligent symptom monitoring

#### Isolation Duration -AND- End Isolation Requirements

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**Asymptomatic person, tested positive, and no symptoms, use time-based strategy**

Persons who are not immunocompromised* and remain asymptomatic:
- Isolation may be discontinued when **at least 10 days** have passed since their first positive viral diagnostic test.

Persons who are immunocompromised* and remain asymptomatic:
- Isolation may be discontinued when **at least 20 days** have passed since the date of their first positive viral diagnostic test.

**Consider test-based strategy if person is severely immunocompromised and concerns exist for the person being infectious for more than 20 days.**

Consultation with infectious disease specialist is advised in deciding to use the test-based strategy.

Isolate until:
- Fever free without fever-reducing medications **AND**
- Symptoms improved **AND**
- Two negative tests 24 hours apart

#### Surveillance Testing
- Testing of residents during an outbreak is coordinated by RIDOH.
- **After testing positive, testing again in the next three months is not recommended**

#### Where to Test
- Testing is arranged by RIDOH (Call 401-654-6990)

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  - Currently receiving chemotherapy for cancer
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  - Taking more than 20 mg a day of prednisone, for more than 14 days
  - Other condition(s) as determined by the treating healthcare provider

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*For additional clarifications and details, please see Updates and Clarifications of COVID-19 Guidance for Nursing Homes and Assisted Living Facilities, dated November 25, 2020.*