# COVID-19 Quarantine and Isolation Guidance by Population

*Updated March 23, 2021*

## General Public AND Non-Clinical Workers
*(Customer/client-facing businesses and non-profit organizations, office-based businesses)*

| Use of Masks | • Cloth face covering near people you don’t live with, unless higher-quality masks are available and tolerated  
• Cloth face covering at work or medical procedure mask/personal protective equipment (PPE) depending on the type of the work  
• Cloth face covering made of at least two layers of tightly woven, breathable fabric  
• Mask fits snugly but comfortably over nose, mouth, and chin without any gaps |
| --- | --- |
| Quarantine Duration After Exposure* | • 10 days from last day of contact/exposure to the case OR  
• 7 days with a negative result from a test taken 5 days or more after exposure  
• Always watch for symptoms for a full 14 days after exposure  
• See page 5 for quarantine after COVID-19 infection or vaccination |
| Work During Quarantine? | No |
| Isolation Duration -AND- End Isolation/Back to Work or School 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 |
| Work During Isolation? | No |
| Testing | • Close contacts of people with COVID-19 should get tested on day 5 of quarantine or later  
• To get tested, call your healthcare provider or visit [RIDOH's COVID-19 testing web page](https://covid.ri.gov/travel)  
*Or if you’ve recently arrived in the US from a location outside the 50 states or the District of Columbia (DC). If you recently travelled to a hot spot within the 50 states or DC, you can end quarantine with a negative result from a test taken after you arrived or no more than 72 hours before you arrived. You do not have to quarantine if you are traveling for work. See other exceptions at covid.ri.gov/travel. A hot spot is a state with travel restrictions upon entry to Rhode Island.* |

**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** | • Medical procedure 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) OR  
• 7 days with a negative result from a test taken 5 days or more after exposure  
• Always watch for symptoms for a full 14 days after exposure  
• See page 5 for isolation after COVID-19 infection or vaccination |
| **Work During Quarantine?** | Yes, if needed for staffing and in consultation with RIDOH. While at work, worker must:  
• Wear medical procedure 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:  
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Isolate for at least 20 days until:  
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• 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 medical procedure 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 90 days is not recommended** |
| **When and Where to Test** | • Close contacts of people with COVID-19 should get tested on day 5 of quarantine or later  
• To get tested, call your healthcare provider or visit RIOH’s COVID-19 testing web page |

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• 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 not in personal room.

#### Quarantine Duration
- Quarantine for 14 days, in a separate room if feasible, from last day of contact/exposure to a case or COVID-19 unit. Resident must quarantine even if fully vaccinated.*
- Quarantine for 14 days after hospital discharge or if being newly admitted to the facility. Quarantine is not necessary if resident is fully vaccinated* and has not had close contact exposure or travel in the past 14 days.
- Quarantine for 14 days after ED visit discharge if being newly admitted to the facility. Fully vaccinated* newly admitted residents and existing residents returning to the facility after an ED visit do not need to quarantine if no close contact exposure or travel in the past 14 days.
- See page 5 for quarantine after COVID-19 infection or vaccination.

#### Isolation Duration

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<tr>
<th>End Isolation Requirements</th>
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    - 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

#### Hospital Discharge Testing
- Test patients in the hospital before discharge to a congregate setting:
  - COVID-negative/status unknown hospital patients: negative result from one PCR test obtained from a nasopharyngeal specimen at any time during the hospital stay
  - COVID-negative/status unknown residents admitted to the facility from the ED: If no current symptoms of COVID-19, no testing recommended. Monitor and test immediately if symptoms appear.

#### Surveillance and Outbreak Testing
- Surveillance testing and testing during an outbreak as recommended by RIDOH
- After testing positive, testing again in the next 90 days is not recommended

#### Where to Test
- Testing is arranged by RIDOH (Call 401-222-8022)

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* Fully vaccinated is defined as having received all recommended doses of a COVID-19 vaccine AND more than 14 days have passed since receipt of the final dose

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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 not in personal room
- Cloth face covering made of at least two layers of tightly woven, breathable fabric
- Mask fits snugly but comfortably over nose, mouth, and chin without any gaps

#### Quarantine Duration
- 10 days from last day of contact/exposure to the case OR
- 7 days with a negative result from a test taken 5 days or more after exposure
- **Always watch for symptoms for a full 14 days after exposure**
- Ideally quarantine in a separate room, if feasible
- Facilities may elect to quarantine newly admitted residents and residents returning after hospital or ED visit discharge. Fully vaccinated* residents do not need to quarantine if no close contact exposure or travel in the past 14 days.
- See page 5 for quarantine after COVID-19 infection or vaccination

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

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#### End Isolation Requirements

- Asymptomatic person, tested positive, and no symptoms, use time-based strategy
- Persons who are not immunocompromised** and remain asymptomatic:
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- Other condition(s) as determined by the treating healthcare provider
# Quarantine Guidance for People with COVID-19 Infection Within Past 90 Days or Fully Vaccinated Against COVID-19

## Use of Masks
- Cloth face covering near people you don’t live with, unless higher-quality masks are available and tolerated
- Cloth face covering at work or medical procedure mask/personal protective equipment (PPE) depending on the type of the work or work setting
- Cloth face covering made of at least two layers of tightly woven, breathable fabric
- Mask fits snugly but comfortably over nose, mouth, and chin without any gaps

## Definition
**Diagnosed with COVID-19 and either:**
- Within 90 days of date of symptom onset OR
- Within 90 days of date of positive test if asymptomatic

**Fully vaccinated against COVID-19**
- Have received all recommended doses of a COVID-19 vaccine AND
- More than 14 days have passed since receipt of the final dose

## Quarantine After Close Contact* to a Person Suspected or Confirmed to Have COVID-19
- Not required if asymptomatic
- Monitor symptoms for 14 days after exposure

## Quarantine After Travel to a Hot Spot** within the 50 States or District of Columbia (DC) or a Location Outside the 50 States or DC
- Not required if asymptomatic
- Monitor symptoms for 14 days after exposure

## Asymptomatic Testing
- Not recommended within 90 days of COVID-19 diagnosis
- Exempt from work, school, or other asymptomatic surveillance testing within 90 days of COVID-19 diagnosis

## Exceptions for fully vaccinated hospitalized patients and fully vaccinated residents in long-term healthcare, assisted living, or other post-acute care facilities
- N/A

## If COVID-19 Symptoms Develop
- Isolate
- Call your healthcare provider
- Get a COVID-19 test

## Testing
- To get tested, call your healthcare provider or visit [RIDOH’s COVID-19 testing web page](https://www.r RIDOH.gov/covid19/)

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* Close contact means being within six feet of someone with COVID-19 for a total of 15 minutes or more in a 24-hour period.
** A hot spot is a [state with travel restrictions upon entry to Rhode Island](https://www.ridoh.gov/covid19/statehotspots).