# COVID-19 Quarantine and Isolation Guidance by Population

**Updated August 11, 2021**

## General Public AND Non-Clinical Workers

(Customer/client-facing businesses and non-profit organizations, office-based businesses)

| 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 | **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 |
| End Isolation/Back to Work or School Requirements | **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? | No |
| Testing | Close contacts who are not fully vaccinated*** should be tested immediately and again 5-7 days after last exposure, or tested immediately if symptoms develop during quarantine  
See page 5 for testing recommendations for fully vaccinated*** close contacts  
To get tested, call your healthcare provider or visit RIDOH's COVID-19 testing web page |

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* If you’re traveling to Rhode Island from a location within the United State (US) or US territories or outside the US or US territories, RIDOH recommends that travelers follow CDC guidance for [international travel](https://www.cdc.gov/travel/) and [domestic travel](https://www.cdc.gov/travel/). For more information on travel to Rhode Island during the COVID-19 pandemic, visit [covid.rhodeisland.gov/travel](https://covid.rhodeisland.gov/travel).

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

** The CDC defines immunocompromised as:  
- Currently receiving chemotherapy for cancer  
- Being within one year out from receiving a hematopoietic stem cell or solid organ transplant  
- Untreated HIV infection with CD4 T lymphocyte count lower than 200  
- Primary immunodeficiency (PI)  
- Taking immunosuppressive medications (e.g., drugs to suppress rejection of transplanted organs or to treat rheumatologic conditions such as mycophenolate and rituximab)  
- 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)

<table>
<thead>
<tr>
<th>Quarantine Duration After Exposure</th>
<th>Work During Quarantine?</th>
</tr>
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<tbody>
<tr>
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<td>No. If needed for critical staffing levels it may be allowed in consultation with RIDOH.</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>Isolation Duration -AND- End Isolation/ Back to Work Requirements</th>
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**Symptomatic 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?**
No. If there is an emergency COVID-19 healthcare staffing need, consult RIDOH. RIDOH will determine if a COVID-19 infected worker is needed to fill a critical staffing position.

**Surveillance Testing**
- Periodic testing of specific, asymptomatic staff as coordinated by RIDOH
- See page 5 for surveillance testing after COVID-19 vaccination
- After testing positive, testing again in the next 90 days is not recommended

**When and Where to Test**
- Close contacts who are not fully vaccinated** should be tested immediately and again 5-7 days after last exposure or immediately if symptoms develop during quarantine
- See page 5 for testing recommendations for fully vaccinated** close contacts
- To get tested, call your healthcare provider or visit RIDOH’s COVID-19 testing web page

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*The CDC defines immunocompromised as:
- Currently receiving chemotherapy for cancer
- Being within one year out from receiving a hematopoietic stem cell or solid organ transplant
- Untreated HIV infection with CD4 T lymphocyte count lower than 200
- Primary immunodeficiency (PI)
- Taking immunosuppressive medications (e.g., drugs to suppress rejection of transplanted organs or to treat rheumatologic conditions such as mycophenolate and rituximab
- Taking more than 20 mg a day of prednisone, for more than 14 days
- Other condition(s) as determined by the treating healthcare provider

**Fully vaccinated is defined as having received all recommended doses of an FDA-authorized or WHO-authorized COVID-19 vaccine AND more than 14 days have passed since receipt of the final dose
## Nursing Home and Assisted Living Facility Residents

### 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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### Asymptomatic person, tested positive and does not have symptoms, use time-based strategy
Persons who are not immunocompromised** and remain asymptomatic:
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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

### Hospital Discharge Testing
- Fully vaccinated patients do not need to be tested before hospital discharge. Test patients who are not fully vaccinated 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 testing and testing during an outbreak as recommended by RIDOH
- See page 5 for surveillance testing after COVID-19 vaccination
- After testing positive, testing again in the next 90 days is not recommended

### Surveillance and Outbreak Testing
- Fully vaccinated patients do not need to be tested before hospital discharge. Test patients who are not fully vaccinated 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 testing and testing during an outbreak as recommended by RIDOH
- See page 5 for surveillance testing after COVID-19 vaccination
- 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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**The CDC defines immunocompromised as:
- Currently receiving chemotherapy for cancer
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- Untreated HIV infection with CD4 T lymphocyte count lower than 200
- Primary immunodeficiency (PI)
- Taking immunosuppressive medications (e.g., drugs to suppress rejection of transplanted organs or to treat rheumatologic conditions such as mycophenolate and rituximab
- 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)

### 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

### Isolation Duration

#### -AND-

**End Isolation 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 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 the date of 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

### Hospital Discharge Testing
- Fully vaccinated patients do not need to be tested before hospital discharge. Test patients who are not fully vaccinated 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**
- See page 5 for surveillance testing after COVID-19 vaccination

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

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- Primary immunodeficiency (PI)
- Taking immunosuppressive medications (e.g., drugs to suppress rejection of transplanted organs or to treat rheumatologic conditions such as mycophenolate and rituximab
- Taking more than 20 mg a day of prednisone, for more than 14 days
- 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

<table>
<thead>
<tr>
<th>Definition</th>
<th>Fully vaccinated against COVID-19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diagnosed with COVID-19 and are:</td>
<td>Have received all recommended doses of an FDA-authorized or WHO-authorized COVID-19 vaccine AND More than 14 days have passed since receipt of the final dose</td>
</tr>
<tr>
<td>- Within 90 days of date of symptom onset OR</td>
<td></td>
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<tr>
<td>- Within 90 days of date of positive test if asymptomatic</td>
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</tbody>
</table>

#### Quarantine After Close Contact* to a Person Suspected or Confirmed to Have COVID-19

<table>
<thead>
<tr>
<th>Definition</th>
<th>Fully vaccinated against COVID-19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not required if asymptomatic</td>
<td>Not required if asymptomatic</td>
</tr>
<tr>
<td>Monitor symptoms for 14 days after exposure</td>
<td>Monitor symptoms for 14 days after exposure</td>
</tr>
<tr>
<td>Testing 3 to 5 days after exposure is recommended</td>
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</tbody>
</table>

#### Quarantine After Travel to a location within the US and US Territories or a Location Outside the US and US Territories

<table>
<thead>
<tr>
<th>Definition</th>
<th>Fully vaccinated against COVID-19</th>
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</thead>
<tbody>
<tr>
<td>Not required if asymptomatic</td>
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</tr>
<tr>
<td>Monitor symptoms for 14 days after exposure</td>
<td>Monitor symptoms for 14 days after exposure</td>
</tr>
<tr>
<td>Testing 3 to 5 days after return from travel is recommended</td>
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</tbody>
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#### Asymptomatic Testing

<table>
<thead>
<tr>
<th>Definition</th>
<th>Fully vaccinated against COVID-19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not recommended within 90 days of COVID-19 diagnosis</td>
<td>Exempt from asymptomatic screening testing unless required by RIDOH regulation or employer or school policy</td>
</tr>
<tr>
<td>Exempt from work, school, or other asymptomatic screening testing within 90 days of COVID-19 diagnosis</td>
<td>May participate in asymptomatic screening testing if desired</td>
</tr>
<tr>
<td>COVID-19 vaccine does not affect COVID-19 test results</td>
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</tr>
<tr>
<td>Testing may identify vaccine-breakthrough cases of COVID-19</td>
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</tbody>
</table>

#### Outbreak Testing

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<thead>
<tr>
<th>Definition</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Exempt from testing during an outbreak if asymptomatic</td>
<td>During an outbreak, testing of the impacted population, including fully vaccinated persons, as directed by RIDOH</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Definition</th>
<th>Fully vaccinated against COVID-19</th>
</tr>
</thead>
<tbody>
<tr>
<td>N/A</td>
<td>Must quarantine for 14 days after close contact exposure or travel to a hot spot* or international location</td>
</tr>
<tr>
<td></td>
<td>- Monitor symptoms for 14 days after exposure</td>
</tr>
<tr>
<td></td>
<td>- Testing 3 to 5 days after exposure is recommended</td>
</tr>
<tr>
<td></td>
<td>Residents being admitted to a long-term care, assisted living, or other post-acute care facility do not need to quarantine upon admission if they are fully vaccinated and have not had close contact exposure to a case or travel in the past 14 days</td>
</tr>
</tbody>
</table>

#### If COVID-19 Symptoms Develop

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Isolate</td>
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<tr>
<td>Call your healthcare provider</td>
<td></td>
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<tr>
<td>Get a COVID-19 test</td>
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#### Testing

To get tested, call your healthcare provider or visit RIDOH’s [COVID-19 testing](#) web page

* 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.