COVID-19 Exposure, Quarantine, and Isolation Guidance by Population

Updated: August 26, 2022

General Public

All people should follow the following recommendations for isolation and managing exposure to someone with COVID-19 unless they are included in the specific populations noted*. Quarantine is no longer recommended for the general public.

*Find specific guidance for Healthcare Personnel (HCP) at Hospitals and Skilled Nursing Homes, Nursing Home and Assisted Living Facility Residents, and Other High-Risk Congregate Care Facility Residents.

Isolation and post-isolation precautions for COVID-19 cases regardless of vaccination status:

Symptomatic Cases: Isolation starts on the first day of symptom onset (day 0)

Asymptomatic Cases: Isolation starts on the day of a positive test (day 0)

Isolation for COVID-19 Cases (Regardless of Vaccination Status)

Symptomatic person (not immunocompromised)

Should isolate until:
- At least 5 full 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 (not immunocompromised)

People who are not immunocompromised and remain asymptomatic:
- Isolation may end when at least 5 full days have passed since the date of their first positive test result.

After day 5, through day 10:
- Wear a high-quality mask around others, even at home.
- Do not visit places where you are unable to always wear a mask, such as restaurants.
- Do not travel.
- Do not visit people who are immunocompromised or at high risk for severe disease.
- People who cannot wear a mask, including children younger than 2 years of age and people of any age with certain disabilities, should isolate for 10 days.

Removing your mask:
If you have access to antigen tests, you may consider using them after 5 full days of isolation and when you feel better:
- If you have two negative antigen test results that are 48 hours apart and sequential (in a row), you may remove your mask sooner than day 10.
- If your antigen test results are positive, you may still be infectious. You should continue wearing a mask and wait at least 48 hours before taking another test.
  - Continue taking antigen tests at least 48 hours apart until you have two sequential negative results. This may mean you need to continue wearing a mask and testing beyond day 10.

Symptomatic person (immunocompromised) or those who have had moderate to severe illness from COVID-19

Should isolate 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. 
Note: People who are immunocompromised or experiencing moderate or severe illness should consult a healthcare provider about when they can end isolation.

**Asymptomatic person (immunocompromised¹)**
People who are immunocompromised and remain asymptomatic:
- Isolation may end when **10 full days** have passed since the date of their first positive test in consultation with healthcare provider.

**All persons who have COVID-19 symptoms that recur or worsen:**
- Should isolate again for 5 full days.
- Consult a healthcare provider if you have questions about your symptoms or when to end isolation.

Note: **All persons who develops symptoms during the isolation period**, including those who are immunocompromised, should refer to the symptomatic guidance above.

**Work During Isolation?**  No

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**Steps to Take if You’ve Been Exposed to Someone with COVID-19**
(Although CDC no longer recommends quarantine for the general public, there are some steps RIDOH recommends for **higher risk exposures**. Please note healthcare and congregate care settings will continue to follow quarantine guidance. Please see those settings sections below.)

<table>
<thead>
<tr>
<th>All People, Regardless of Vaccination Status or Previous Infection</th>
<th>For <strong>higher risk exposures</strong>, RIDOH recommends taking the following precautions:</th>
</tr>
</thead>
</table>
| For 10 full days: | - Wear a high-quality mask or respirator (e.g., N-95) around others when indoors, including during travel and in public transportation settings.  
  - Do not go places where you are unable to wear a mask.  
  - Monitor for COVID-19 symptoms including:  
    - Fever (100.4° or higher)  
    - Cough  
    - Shortness of breath  
  - If you develop COVID-19 symptoms, get tested and isolate immediately. Stay home until you know the result.  
  - Get tested at least 5 full days after your last exposure (i.e., on Day 6), even if you don’t develop symptoms. If you already had COVID-19 within the past 90 days, see **specific testing recommendations**.  
    - If you test positive for COVID-19, isolate right away.  
    - If you test negative, continue to wear a mask and monitor for symptoms for 10 full days.  
  - Take **extra precautions** if you will be around people who are more likely to get very sick from COVID-19. |

| If You Are Not Able to Wear a Mask | Use other preventive actions (such as improving ventilation) to avoid transmission for 10 full days after exposure. |
Healthcare Personnel (HCP) at Hospitals and Skilled Nursing Homes

Please see the following CDC guidance for the definition of healthcare personnel (not including assisted living facility personnel) who should follow recommendations for the General Public:


Facilities may implement more restrictive quarantine and isolation policies.

The following guidance excludes HCPs who are moderately to severely immunocompromised or had a severe COVID-19 illness: www.cdc.gov/coronavirus/2019-ncov/hcp/mitigating-staff-shortages.html.

<table>
<thead>
<tr>
<th>Vaccination Status</th>
<th>Conventional</th>
<th>Contingency&lt;sup&gt;3&lt;/sup&gt;</th>
<th>Crisis&lt;sup&gt;4&lt;/sup&gt;</th>
</tr>
</thead>
<tbody>
<tr>
<td>Up to date&lt;sup&gt;2&lt;/sup&gt;, completed primary vaccine series only, or unvaccinated</td>
<td>Should isolate for 10 days OR 7 days with a negative test if asymptomatic or mildly symptomatic (with improving symptoms)</td>
<td>Should isolate for 5 days with or without negative test if asymptomatic or mildly symptomatic (with improving symptoms) and continue to wear a well-fitting mask for an additional 5 days</td>
<td>No restrictions with prioritization considerations (e.g., asymptomatic or mildly symptomatic)</td>
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**Work Restrictions for HCP with COVID-19 Infection**


<table>
<thead>
<tr>
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<th>Crisis&lt;sup&gt;4&lt;/sup&gt;</th>
</tr>
</thead>
<tbody>
<tr>
<td>Up to date&lt;sup&gt;2&lt;/sup&gt; with their vaccines</td>
<td>No work restrictions with negative test on day 2 and a negative test during the 5 to 7-day period</td>
<td>No work restrictions</td>
<td>No work restrictions</td>
</tr>
<tr>
<td>Completed the primary series of recommended vaccine but have not had recommended boosters when eligible, even if within 90 days of prior infection</td>
<td>Should quarantine for 10 days OR 7 days with a negative test</td>
<td>No work restrictions with negative test on days 1, 2, 3, and during the 5 to 7-day period</td>
<td>No work restrictions (test if possible)</td>
</tr>
</tbody>
</table>

**Work Restrictions for Asymptomatic HCP with Exposures**


<table>
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<th>Crisis&lt;sup&gt;4&lt;/sup&gt;</th>
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<tr>
<td>Up to date&lt;sup&gt;2&lt;/sup&gt; with their vaccines</td>
<td>No work restrictions with negative test on day 2 and a negative test during the 5 to 7-day period</td>
<td>No work restrictions</td>
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</tr>
<tr>
<td>Completed the primary series of recommended vaccine but have not had recommended boosters when eligible, even if within 90 days of prior infection</td>
<td>Should quarantine for 10 days OR 7 days with a negative test</td>
<td>No work restrictions with negative test on days 1, 2, 3, and during the 5 to 7-day period</td>
<td>No work restrictions (test if possible)</td>
</tr>
<tr>
<td>Nursing Home and Assisted Living Facility Residents</td>
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<td>--------------------------------------------------</td>
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</table>
| **Isolation Duration** AND **End Isolation Requirements** | Isolation starts on the first day of symptoms (day 0) or the day of a positive test if there are no symptoms (day 0).

**Symptomatic person (not immunocompromised)**

Should isolate 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, or have moderate to severe illness with COVID-19)**

Should isolate until:
- At least 10 days and up to 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
- Test-based strategies may be considered in consultation with a healthcare provider.

**Asymptomatic person (not immunocompromised)**

- Isolation may end when **at least 10 days** have passed since the date of their first positive diagnostic test.

**Asymptomatic person (immunocompromised)**

- People who are immunocompromised and remain asymptomatic:
  - Isolation may end when **at least 10 days and up to 20 days** have passed since the date of their first positive test result in consultation with a healthcare provider.

<table>
<thead>
<tr>
<th>Quarantine for 10 days</th>
<th>Close contact** exposure**</th>
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</table>
|                        | Quarantine is not necessary if resident is up to date with their COVID-19 or have documented infection with COVID-19 in the last 90 days.**
|                        | Residents who are not up to date with their vaccines and who have had close contact with someone with COVID-19 infection should be placed in quarantine after their exposure, even if they have a negative test result.
|                        | Asymptomatic residents with close contact with someone with COVID-19 infection, regardless of vaccination status, should have a series of two tests: one immediately (but generally not earlier than 24 hours after exposure) and, if negative, again 5 to 7 days after their last exposure.
|                        | Symptomatic residents should have two tests: one immediately (but generally not earlier than 24 hours after exposure) and, if negative, again 5 to 7 days after their last exposure.
|                        | Quarantine may be shortened to 7 days if a test is negative on day 5 or later.

| Arrival | New admissions or residents who have left the facility for more than 24 hours, regardless of vaccination status, should take two tests: one immediately, and, if negative, the second 5 to 7 days after admission.
|         | Residents not up to date with their vaccines who are new admissions or residents who have left the facility for more than 24 hours should be placed in quarantine until their second test is negative.
|         | Quarantine may be shortened to 7 days if a test is negative on day 5 or later.

| Surveillance and Outbreak Testing | The Rhode Island Department of Health (RIDOH) no longer recommends routine surveillance testing of any residents in nursing homes and assisted living facilities. **Centers for Medicare and Medicaid Services’ regulations** dictate healthcare worker testing in nursing homes.
|                                    | Consult RIDOH for outbreak management protocol and support at 401-222-8022.

Note: Upon changing staffing category (e.g., from “contingency” to “crisis”), healthcare facilities must notify RIDOH by reporting to the Center for Health Facilities Regulation. Additionally, hospitals and skilled nursing facilities that shift from contingency to crisis staffing must post their staffing status and an explanation on their websites or other public-facing areas.
### Other High-Risk Congregate Care Facility Residents
(Residents of homeless shelters\(^8\), certain group homes\(^9\), correctional facilities\(^10\), and detention centers)

<table>
<thead>
<tr>
<th>Isolation Duration AND End Isolation Requirements</th>
<th>Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Isolation starts on the first day of symptoms (day 0) or the day of a positive test if there are no symptoms (day 0).</td>
<td><strong>Symptomatic person (not immunocompromised(^1))</strong>&lt;br&gt;Should isolate until:&lt;br&gt;- At least 10 days have passed since symptoms first appeared <strong>AND</strong>&lt;br&gt;- At least 24 hours have passed since last fever without fever-reducing medications <strong>AND</strong>&lt;br&gt;- Symptoms have improved. <strong>Symptomatic person (immunocompromised(^1),(^5) or have moderate to severe COVID-19 illness)</strong>.&lt;br&gt;Should isolate until:&lt;br&gt;- At least 10 days and up to 20 days have passed since symptoms first appeared <strong>AND</strong>&lt;br&gt;- At least 24 hours have passed since last fever without fever-reducing medications <strong>AND</strong>&lt;br&gt;- Symptoms have improved. <strong>Asymptomatic person (not immunocompromised(^1))</strong>&lt;br&gt;- Isolation may end when at least <strong>10 days</strong> have passed since the date of their first positive test result. <strong>Asymptomatic person (immunocompromised(^1),(^5))</strong>&lt;br&gt;People who are immunocompromised(^1) and remain asymptomatic:&lt;br&gt;- Isolation may end when at least <strong>10 days and up to 20 days</strong> have passed since the date of their first positive test result in consultation with healthcare provider.</td>
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**Exempt From Quarantine If:**
- Age 18 or older and up to date with their vaccines **OR**
- Age 5 through 17 and have completed primary vaccine series **OR**
- Had confirmed COVID-19 within the last 90 days (using a test given by a trained health professional, e.g., a lab-based antigen or PCR test).

**Observe precautions for 10 days after last exposure:**
- Wear **high-quality mask** around others.
- Do not visit people who are immunocompromised or at higher risk for severe disease, nursing homes, and other high-risk settings.
- Do not **travel** on public transportation or airplanes.
- Watch for fever (100.4°F or higher), cough, shortness of breath, or other COVID-19 symptoms. If symptoms develop, stay home and get tested.
- Test on day 5 recommended.
- Can go to work during 10-day period.

**NOT Exempt From Quarantine If:**
- Age 18 or older and completed the primary series of recommended vaccine but have not gotten recommended boosters when eligible **OR**
- You are not vaccinated or have not completed a primary vaccine series.

**Should quarantine for 5 days:**
After day 5 through day 10:
- Wear **high-quality mask** around others.
- Do not visit people who are immunocompromised or at higher risk for severe disease, nursing homes, and other high-risk settings.
- Do not **travel** on public transportation or airplanes.
- Watch for fever (100.4°F or higher), cough, shortness of breath, or other COVID-19 symptoms. If symptoms develop, stay home and get tested.
- Test on day 5 recommended.
- Can go to work on days 6-10.
**Surveillance and Outbreak Testing**

- The Rhode Island Department of Health (RIDOH) no longer recommends routine surveillance testing of any residents in nursing homes and assisted living facilities. **Centers for Medicare and Medicaid Services’ regulations** dictate healthcare worker testing in nursing homes.
- Consult RIDOH for outbreak management protocol and support at 401-222-8022.

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1**CDC defines immunocompromised as:**
- Currently getting 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 (Pl)**
- 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

2**COVID-19 vaccination up to date is defined as:**
- You have gotten all recommended vaccine doses and recommended booster doses.

3**Contingency staffing means staffing shortages are anticipated at healthcare facilities. Such facilities, in collaboration with human resources and occupational health services, should use contingency capacity strategies to plan and prepare for mitigating this problem.**

4**Crisis staffing means there are no longer enough staff to provide safe patient/resident care.**

5**Consult with your healthcare provider about when you can be around other people again.**

6**Close contact means being within six feet of someone for a total of 15 minutes or more in a 24-hour period.**

7**COVID-19 vaccination NOT up to date is defined as:**
- You are 18 or older and completed the primary series of recommended vaccine but have not gotten recommended booster doses when eligible.
- You had the single-dose Johnson & Johnson vaccine (completing the primary series) more than two months ago and have not gotten recommended booster doses.
- You are not vaccinated or have not completed a primary vaccine series.

8**Shelters may refer to CDC guidance found here.**

9**Please visit the Centers for Disease Control and Prevention’s (CDC) website for more information about group home guidance.**

10**Correctional facility staff with COVID-19 symptoms should be excluded from work and advised to seek testing, regardless of their COVID-19 vaccination and booster status. Staff members with a positive test result (with or without symptoms) should be excluded from work for 10 days from the date when symptoms started, or from the date of the positive test if they do not have symptoms (with day 0 being the date their specimen was collected). However, staff may use CDC guidance for the general public for duration of isolation when they are not at work. Please see the section on isolation duration for staff during crisis-level operations found here.**