



COVID-19 Quarantine and Isolation Guidance by Population

Updated September 9, 2020

<h2 style="text-align: center;">General Public AND Non-Clinical Workers</h2> <p style="text-align: center;">(Customer/client-facing businesses and non-profit organizations, office-based businesses)</p>	
Use of Masks	<ul style="list-style-type: none"> • Cloth face covering in public, unless higher-quality masks are available and tolerated • Cloth face covering at work or surgical mask/personal protective equipment (PPE) depending on the type of the work
Quarantine Duration After Exposure	14 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)
Work During Quarantine?	No
Isolation Duration -AND- End Isolation/ Back to Work or School Requirements	<p>Symptomatic person (not immunocompromised*) Isolate for at least 10 days until:</p> <ul style="list-style-type: none"> • 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 <p>Symptomatic person (immunocompromised*) Isolate for at least 20 days until:</p> <ul style="list-style-type: none"> • 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 <p>Asymptomatic person, tested positive and does not have symptoms, use time-based strategy Persons who are not immunocompromised* and remain asymptomatic:</p> <ul style="list-style-type: none"> • Isolation may be discontinued when at least 10 days have passed since the date of their first positive diagnostic test. <p>Persons who are immunocompromised* and remain asymptomatic:</p> <ul style="list-style-type: none"> • Isolation may be discontinued when at least 20 days have passed since the date of their first positive diagnostic test. <p>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:</p> <ul style="list-style-type: none"> • Fever free without fever-reducing medications AND • Symptoms improved AND • Two negative tests 24 hours apart
Work During Isolation?	No
Where to Get Tested	Call your healthcare provider or visit RIDOH's COVID-19 testing webpage .
<p>* Immunocompromised is defined as:</p> <ul style="list-style-type: none"> • 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, and social service) Congregate Care Facility Staff (Staff at homeless shelters, group homes, correctional facilities, and detention centers)	
Use of Masks	<ul style="list-style-type: none"> • 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	14 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)
Work During Quarantine?	Yes, if needed for staffing . While at work, worker must: <ul style="list-style-type: none"> • 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	<p>Symptomatic person (not immunocompromised*) Isolate for at least 10 days until:</p> <ul style="list-style-type: none"> • 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 <p>Symptomatic person (immunocompromised*) Isolate for at least 20 days until:</p> <ul style="list-style-type: none"> • 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 <p>Asymptomatic person, tested positive and does not have symptoms, use time-based strategy Persons who are not immunocompromised* and remain asymptomatic:</p> <ul style="list-style-type: none"> • Isolation may be discontinued when at least 10 days have passed since the date of their first positive diagnostic test. <p>Persons who are immunocompromised* and remain asymptomatic:</p> <ul style="list-style-type: none"> • Isolation may be discontinued when at least 20 days have passed since the date of their first positive diagnostic test. <p>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:</p> <ul style="list-style-type: none"> • 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 : <ul style="list-style-type: none"> • 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 <u>not recommended</u>
Where to Get Tested	Call your health care provider or visit RIDOH's COVID-19 testing webpage .
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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	<p>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)</p> <ul style="list-style-type: none"> Quarantine for 14 days, ideally in a separate room, if feasible Quarantine for 14 days following hospital or ED visit discharge <u>Hospital discharge to quarantine facility or COVID-negative facility</u>: negative result from one test from a nasopharyngeal specimen during hospital stay (can be during admission) <u>ED discharge to quarantine facility or COVID-negative facility</u>: If no current symptoms of COVID-19, no testing is recommended.
Isolation Duration -AND- End Isolation Requirements	<p>Symptomatic person (not immunocompromised*) Isolate for at least 10 days until:</p> <ul style="list-style-type: none"> 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 <p>Symptomatic person (immunocompromised*) Isolate for at least 20 days until:</p> <ul style="list-style-type: none"> 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 <hr/> <p>Asymptomatic person, tested positive and does not have symptoms, use time-based strategy Persons who are not immunocompromised* and remain asymptomatic:</p> <ul style="list-style-type: none"> Isolation may be discontinued when at least 10 days have passed since the date of their first positive diagnostic test. <p>Persons who are immunocompromised* and remain asymptomatic:</p> <ul style="list-style-type: none"> Isolation may be discontinued when at least 20 days have passed since the date of their first positive diagnostic test. <hr/> <p>Consider test-based strategy if person is immunocompromised <u>and</u> 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:</p> <ul style="list-style-type: none"> Fever free without fever-reducing medications AND Symptoms improved AND Two negative tests 24 hours apart
Surveillance Testing	<p>Testing of residents during an outbreak is coordinated by RIDOH. After testing positive, testing again in the next three months is <u>not recommended</u></p>
Where to Test	Testing is arranged by RIDOH (Call 401-654-6990.)
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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	<ul style="list-style-type: none"> • DCYF is testing select group home admissions and training school admissions • <u>Hospital discharge to congregate care facility</u>: negative test result from a nasopharyngeal specimen during hospital stay (can be during admission) • <u>ED discharge to congregate care facility</u>: If no current symptoms of COVID-19, no testing is recommended.
Quarantine Duration	<p>14 days from last day of contact/exposure to a case or COVID unit (during infectious period of case, whether probable, test-confirmed, or asymptomatic test-confirmed)</p> <ul style="list-style-type: none"> • Quarantine for 14 days, ideally in a separate room, if feasible. • Quarantine for 14 days following hospital or ED visit discharge <p>In homeless shelters and facilities where adherence to quarantine is challenging:</p> <ul style="list-style-type: none"> • 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	<p>Symptomatic person (not immunocompromised*) Isolate for at least 10 days until:</p> <ul style="list-style-type: none"> • 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 <p>Symptomatic person (immunocompromised*) Isolate for at least 20 days until:</p> <ul style="list-style-type: none"> • 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
-AND- End Isolation Requirements	<p>Asymptomatic person, tested positive, and no symptoms, use time-based strategy Persons who are not immunocompromised* and remain asymptomatic:</p> <ul style="list-style-type: none"> • Isolation may be discontinued when at least 10 days have passed since the date of their first positive viral diagnostic test. <p>Persons who are immunocompromised* and remain asymptomatic:</p> <ul style="list-style-type: none"> • Isolation may be discontinued when at least 20 days have passed since the date of their first positive viral diagnostic test. <p>Consider test-based strategy if person is severely immunocompromised <u>and</u> 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:</p> <ul style="list-style-type: none"> • Fever free without fever-reducing medications AND • Symptoms improved AND • Two negative tests 24 hours apart
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