



# COVID-19 Quarantine and Isolation Guidance by Population

Updated June 4, 2021

<b>General Public AND Non-Clinical Workers</b> (Customer/client-facing businesses and non-profit organizations, office-based businesses)	
<b>Quarantine Duration After Exposure*</b>	<ul style="list-style-type: none"> <li>• <b>10 days</b> from last day of contact/exposure to the case <b>OR</b></li> <li>• <b>7 days</b> with a negative result from a test taken 5 days or more after exposure</li> <li>• <b>Always watch for symptoms for a full 14 days after exposure</b></li> <li>• See page 5 for quarantine after COVID-19 infection or vaccination</li> </ul>
<b>Work During Quarantine?</b>	No
<b>Isolation Duration</b>  <b>-AND-</b>  <b>End Isolation/ Back to Work or School Requirements</b>	<b>Symptomatic person (not immunocompromised**)</b> Isolate for <b>at least 10 days</b> until: <ul style="list-style-type: none"> <li>• At least 10 days have passed since symptoms first appeared <b>AND</b></li> <li>• At least 24 hours have passed since last fever without fever-reducing medications <b>AND</b></li> <li>• Symptoms have improved</li> </ul>
	<b>Symptomatic person (immunocompromised**)</b> Isolate for <b>at least 20 days</b> until: <ul style="list-style-type: none"> <li>• At least 20 days have passed since symptoms first appeared <b>AND</b></li> <li>• At least 24 hours have passed since last fever without fever-reducing medications <b>AND</b></li> <li>• Symptoms have improved</li> </ul>
	<b>Asymptomatic person, tested positive and does not have symptoms, use time-based strategy</b> Persons who are not immunocompromised** and remain asymptomatic: <ul style="list-style-type: none"> <li>• Isolation may be discontinued when <b>at least 10 days</b> have passed since the date of their first positive diagnostic test.</li> </ul> Persons who are immunocompromised** and remain asymptomatic: <ul style="list-style-type: none"> <li>• Isolation may be discontinued when <b>at least 20 days</b> have passed since the date of their first positive diagnostic test.</li> </ul>
	<b>Consider test-based strategy if person is severely immunocompromised** and concerns exist for the person being infectious for more than 20 days.</b> Consultation with infectious disease specialist is advised in deciding to use the test-based strategy. Isolate until: <ul style="list-style-type: none"> <li>• Fever free without fever-reducing medications <b>AND</b></li> <li>• Symptoms improved <b>AND</b></li> <li>• Two negative tests 24 hours apart</li> </ul>
<b>Work During Isolation?</b>	No
<b>Testing</b>	<ul style="list-style-type: none"> <li>• Close contacts of people with COVID-19 should get tested on day 5 of quarantine or later</li> <li>• To get tested, call your healthcare provider or visit RIDOH's <a href="#">COVID-19 testing</a> web page</li> </ul>
<p>*Or if you've recently arrived in the US from a location outside the United States (US) and US territories.</p> <p>If you recently travelled to a <a href="#">hot spot</a> within the US and US territories, 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 <a href="https://covid.ri.gov/travel">covid.ri.gov/travel</a>. A <a href="#">hot spot</a> is a state with travel restrictions upon entry to Rhode Island.</p>	<p>** Immunocompromised is defined as:</p> <ul style="list-style-type: none"> <li>• Currently receiving chemotherapy for cancer</li> <li>• Untreated HIV infection with CD4 T lymphocyte count lower than 200</li> <li>• <a href="#">Primary immunodeficiency (PI)</a></li> <li>• Taking more than 20 mg a day of prednisone, for more than 14 days</li> <li>• Other condition(s) as determined by the treating healthcare provider</li> </ul>

## 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)

<b>Quarantine Duration After Exposure</b>	<ul style="list-style-type: none"> <li>• <b>10 days</b> from last day of contact/exposure to the case) <b>OR</b></li> <li>• <b>7 days</b> with a negative result from a test taken 5 days or more after exposure</li> <li>• <b>Always watch for symptoms for a full 14 days after exposure</b></li> <li>• See page 5 for quarantine after COVID-19 infection or vaccination</li> </ul>
<b>Work During Quarantine?</b>	<p>Yes, <b>if needed for staffing and in consultation with RIDOH</b>. While at work, worker must:</p> <ul style="list-style-type: none"> <li>• Wear medical procedure mask at all times (or higher-level PPE, as indicated)</li> <li>• Monitor temperature and symptoms every four hours</li> <li>• Cease working and isolate immediately if symptoms develop</li> </ul>
<b>Isolation Duration</b>  <b>-AND-</b>  <b>End Isolation/ Back to Work Requirements</b>	<p><b>Symptomatic person (not immunocompromised*)</b> Isolate for <b>at least 10 days</b> until:</p> <ul style="list-style-type: none"> <li>• At least 10 days have passed since symptoms first appeared <b>AND</b></li> <li>• At least 24 hours have passed since last fever without fever-reducing medications <b>AND</b></li> <li>• Symptoms have improved</li> </ul> <p><b>Symptomatic person (immunocompromised*)</b> Isolate for <b>at least 20 days</b> until:</p> <ul style="list-style-type: none"> <li>• At least 20 days have passed since symptoms first appeared <b>AND</b></li> <li>• At least 24 hours have passed since last fever without fever-reducing medications <b>AND</b></li> <li>• Symptoms have improved</li> </ul> <p><b>Asymptomatic person, tested positive and does not have symptoms, use time-based strategy</b> Persons who are not immunocompromised* and remain asymptomatic:</p> <ul style="list-style-type: none"> <li>• Isolation may be discontinued when <b>at least 10 days</b> have passed since the date of their first positive diagnostic test.</li> </ul> <p>Persons who are immunocompromised* and remain asymptomatic:</p> <ul style="list-style-type: none"> <li>• Isolation may be discontinued when <b>at least 20 days</b> have passed since the date of their first positive diagnostic test.</li> </ul> <p><b>Consider test-based strategy if person is severely immunocompromised* <u>and</u> concerns exist for the person being infectious for more than 20 days.</b> Consultation with infectious disease specialist is advised in deciding to use the test-based strategy. Isolate until:</p> <ul style="list-style-type: none"> <li>• Fever free without fever-reducing medications <b>AND</b></li> <li>• Symptoms improved <b>AND</b></li> <li>• Two negative tests 24 hours apart</li> </ul>
<b>Work During Isolation?</b>	<p><b>No.</b> If there is an emergency COVID-19 healthcare staffing need, <b>consult RIDOH</b>. RIDOH will determine if a COVID-19 infected worker is needed to fill a critical staffing position. If so, a COVID-19 infected worker:</p> <ul style="list-style-type: none"> <li>• Must be <b>asymptomatic</b></li> <li>• Must monitor temperature and symptoms every four hours at work</li> <li>• Must wear medical procedure mask (or higher-level PPE, as needed, for patient care) at all times</li> <li>• May only care for COVID-positive patients</li> <li>• Must remain in units caring only for COVID-positive patients (other than entering and exiting facility)</li> <li>• Must stop working and isolate if symptoms develop</li> <li>• May not care for severely immunocompromised* patients (e.g., transplant, hematology-oncology)</li> </ul>
<b>Surveillance Testing</b>	<ul style="list-style-type: none"> <li>• Periodic testing of specific, asymptomatic staff as coordinated by RIDOH</li> <li>• See page 5 for surveillance testing after COVID-19 vaccination</li> <li>• After testing positive, testing again in the next 90 days is <b>not recommended</b></li> </ul>
<b>When and Where to Test</b>	<ul style="list-style-type: none"> <li>• Close contacts of people with COVID-19 should get tested on day 5 of quarantine or later</li> <li>• To get tested, call your healthcare provider or visit RIDOH's <a href="#">COVID-19 testing</a> web page</li> </ul>

\* Immunocompromised is defined as:

- Currently receiving chemotherapy for cancer
- Untreated HIV infection with CD4 T lymphocyte count lower than 200
- [Primary immunodeficiency \(PI\)](#)
- 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

<b>Quarantine Duration</b>	<ul style="list-style-type: none"> <li>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.*</li> <li>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.</li> <li>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.</li> <li>See page 5 for quarantine after COVID-19 infection or vaccination.</li> </ul>
<b>Isolation Duration</b>  <b>-AND-</b>  <b>End Isolation Requirements</b>	<p><b>Symptomatic person (not immunocompromised**)</b> Isolate for <b>at least 10 days</b> until:</p> <ul style="list-style-type: none"> <li>At least 10 days have passed since symptoms first appeared <b>AND</b></li> <li>At least 24 hours have passed since last fever without fever-reducing medications <b>AND</b></li> <li>Symptoms have improved</li> </ul> <p><b>Symptomatic person (immunocompromised**)</b> Isolate for <b>at least 20 days</b> until:</p> <ul style="list-style-type: none"> <li>At least 20 days have passed since symptoms first appeared <b>AND</b></li> <li>At least 24 hours have passed since last fever without fever-reducing medications <b>AND</b></li> <li>Symptoms have improved</li> </ul> <p><b>Asymptomatic person, tested positive and does not have symptoms, use time-based strategy</b> Persons who are not immunocompromised** and remain asymptomatic:</p> <ul style="list-style-type: none"> <li>Isolation may be discontinued when <b>at least 10 days</b> have passed since the date of their first positive diagnostic test.</li> </ul> <p>Persons who are immunocompromised** and remain asymptomatic:</p> <ul style="list-style-type: none"> <li>Isolation may be discontinued when <b>at least 20 days</b> have passed since the date of their first positive diagnostic test.</li> </ul> <p><b>Consider test-based strategy if person is immunocompromised** and concerns exist for the person being infectious for more than 20 days.</b> Consultation with infectious disease specialist is advised in deciding to use the test-based strategy. Isolate until:</p> <ul style="list-style-type: none"> <li>Fever free without fever-reducing medications <b>AND</b></li> <li>Symptoms improved <b>AND</b></li> <li>Two negative tests 24 hours apart</li> </ul>
<b>Hospital Discharge Testing</b>          <b>Surveillance and Outbreak Testing</b>	<ul style="list-style-type: none"> <li>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:             <ul style="list-style-type: none"> <li><b>COVID-negative/status unknown hospital patients:</b> negative result from one PCR test obtained from a nasopharyngeal specimen at any time during the hospital stay</li> <li><b>COVID-negative/status unknown residents admitted to the facility from the ED:</b> If no current symptoms of COVID-19, no testing recommended. Monitor and test immediately if symptoms appear.</li> </ul> </li> <li>Surveillance testing and testing during an outbreak as recommended by RIDOH</li> <li>See page 5 for surveillance testing after COVID-19 vaccination</li> <li>After testing positive, testing again in the next 90 days is <b>not recommended</b></li> </ul>
<b>Where to Test</b>	Testing is arranged by RIDOH. Call 401-222-8022.

\* 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

\*\* Immunocompromised is defined as:

- Currently receiving chemotherapy for cancer
- Untreated HIV infection with CD4 T lymphocyte count lower than 200
- [Primary immunodeficiency \(PI\)](#)
- 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)

<b>Quarantine Duration</b>	<ul style="list-style-type: none"> <li>• <b>10 days</b> from last day of contact/exposure to the case <b>OR</b></li> <li>• <b>7 days</b> with a negative result from a test taken 5 days or more after exposure</li> <li>• <b>Always watch for symptoms for a full 14 days after exposure</b></li> <li>• Ideally quarantine in a separate room, if feasible</li> <li>• 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.</li> <li>• See page 5 for quarantine after COVID-19 infection or vaccination</li> </ul> <p><b>In homeless shelters and facilities where adherence to quarantine is challenging:</b></p> <ul style="list-style-type: none"> <li>• Resident must wear cloth face covering or mask at all times, as tolerated</li> <li>• Implement best possible physical distancing</li> <li>• Conduct diligent symptom monitoring</li> </ul>
<b>Isolation Duration</b>	<p><b>Symptomatic person (not immunocompromised**)</b> Isolate for <b>at least 10 days</b> until:</p> <ul style="list-style-type: none"> <li>• At least 10 days have passed since symptoms first appeared <b>AND</b></li> <li>• At least 24 hours have passed since last fever without fever-reducing medications <b>AND</b></li> <li>• Symptoms have improved</li> </ul> <p><b>Symptomatic person (immunocompromised**)</b> Isolate for <b>at least 20 days</b> until:</p> <ul style="list-style-type: none"> <li>• At least 20 days have passed since symptoms first appeared <b>AND</b></li> <li>• At least 24 hours have passed since last fever without fever-reducing medications <b>AND</b></li> <li>• Symptoms have improved</li> </ul>
<b>-AND- End Isolation Requirements</b>	<p><b>Asymptomatic person, tested positive, and no symptoms, use time-based strategy</b> Persons who are not immunocompromised** and remain asymptomatic:</p> <ul style="list-style-type: none"> <li>• Isolation may be discontinued when <b>at least 10 days</b> have passed since the date of their first positive viral diagnostic test.</li> </ul> <p>Persons who are immunocompromised** and remain asymptomatic:</p> <ul style="list-style-type: none"> <li>• Isolation may be discontinued when <b>at least 20 days</b> have passed since the date of their first positive viral diagnostic test.</li> </ul>
	<p><b>Consider test-based strategy if person is severely immunocompromised** <u>and</u> concerns exist for the person being infectious for more than 20 days.</b> Consultation with infectious disease specialist is advised in deciding to use the test-based strategy. Isolate until:</p> <ul style="list-style-type: none"> <li>• Fever free without fever-reducing medications <b>AND</b></li> <li>• Symptoms improved <b>AND</b></li> <li>• Two negative tests 24 hours apart</li> </ul>
<b>Hospital Discharge Testing</b>	<ul style="list-style-type: none"> <li>• 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:             <ul style="list-style-type: none"> <li>– <b>COVID-negative/status unknown hospital patients:</b> negative result from one PCR test obtained from a nasopharyngeal specimen at any time during the hospital stay</li> <li>– <b>COVID-negative/status unknown residents admitted to the facility from the ED:</b> If no current symptoms of COVID-19, no testing recommended. Monitor and test immediately if symptoms appear.</li> </ul> </li> <li>• Surveillance testing and testing during an outbreak as recommended by RIDOH</li> <li>• After testing positive, testing again in the next 90 days is <b>not recommended</b></li> <li>• See page 5 for surveillance testing after COVID-19 vaccination</li> </ul>
<b>Surveillance and Outbreak Testing</b>	
<b>Where to Test</b>	Testing is arranged by RIDOH. Call 401-222-8022.

\* 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

\*\* Immunocompromised is defined as:

- Currently receiving chemotherapy for cancer
- Untreated HIV infection with CD4 T lymphocyte count lower than 200
- [Primary immunodeficiency \(PI\)](#)
- 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

Definition	<b>Diagnosed with COVID-19 and are:</b>	<b>Fully vaccinated against COVID-19</b>
	<ul style="list-style-type: none"> <li>• Within 90 days of date of symptom onset <b>OR</b></li> <li>• Within 90 days of date of positive test if asymptomatic</li> </ul>	<ul style="list-style-type: none"> <li>• Have received all recommended doses of an FDA-authorized or WHO-authorized COVID-19 vaccine <b>AND</b></li> <li>• More than 14 days have passed since receipt of the final dose</li> </ul>
<b>Quarantine After Close Contact* to a Person Suspected or Confirmed to Have COVID-19</b>	<ul style="list-style-type: none"> <li>• Not required if asymptomatic</li> <li>• Monitor symptoms for 14 days after exposure</li> </ul>	<ul style="list-style-type: none"> <li>• Not required if asymptomatic</li> <li>• Monitor symptoms for 14 days after exposure</li> <li>• Testing 5 to 10 days after exposure is highly encouraged</li> </ul>
<b>Quarantine After Travel to a Hot Spot** within the US and US Territories or a Location Outside the US and US Territories</b>	<ul style="list-style-type: none"> <li>• Not required if asymptomatic</li> <li>• Monitor symptoms for 14 days after exposure</li> </ul>	<ul style="list-style-type: none"> <li>• Not required if asymptomatic</li> <li>• Testing 5 to 10 days after return from travel is highly encouraged</li> </ul>
<b>Asymptomatic Testing</b>	<ul style="list-style-type: none"> <li>• Not recommended within 90 days of COVID-19 diagnosis</li> <li>• Exempt from work, school, or other asymptomatic surveillance testing within 90 days of COVID-19 diagnosis</li> </ul>	<ul style="list-style-type: none"> <li>• Exempt from asymptomatic screening testing unless required by RIDOH regulation or employer or school policy</li> <li>• May participate in asymptomatic screening testing if desired</li> <li>• Continue to participate in recommended asymptomatic surveillance testing</li> <li>• COVID-19 vaccine does not affect COVID-19 test results</li> <li>• Testing may identify vaccine-breakthrough cases of COVID-19</li> </ul>
<b>Outbreak Testing</b>	<ul style="list-style-type: none"> <li>• Exempt from testing during an outbreak if asymptomatic</li> </ul>	<ul style="list-style-type: none"> <li>• During an outbreak, testing of the impacted population, including fully vaccinated persons, as directed by RIDOH</li> </ul>
<b>Exceptions</b> for fully vaccinated hospitalized patients and fully vaccinated residents in long-term healthcare, assisted living, or other post-acute care facilities	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	<ul style="list-style-type: none"> <li>• Must quarantine for 14 days after close contact exposure or travel to a hot spot* or international location                             <ul style="list-style-type: none"> <li>– Monitor symptoms for 14 days after exposure</li> <li>– Testing 5 to 10 days after exposure is highly encouraged</li> </ul> </li> <li>• 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</li> </ul>
<b>If COVID-19 Symptoms Develop</b>	<ul style="list-style-type: none"> <li>• Isolate</li> <li>• Call your healthcare provider</li> <li>• Get a COVID-19 test</li> </ul>	
<b>Testing</b>	To get tested, call your healthcare provider or visit RIDOH's <a href="#">COVID-19 testing</a> 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.

\*\* A hot spot is a [state with travel restrictions upon entry to Rhode Island](#).