



COVID-19 Quarantine and Isolation Guidance by Population

Updated February 24, 2021

<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 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**	<ul style="list-style-type: none"> • 10 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) 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	<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
Testing	<ul style="list-style-type: none"> • 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 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 	
<p>**Or if you've recently arrived in the US from a location outside the 50 states or the District of Columbia.</p> <p>If you recently travelled to a hot spot within the 50 states or the District of Columbia, 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.</p>	

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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 10 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) 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?	<p>Yes, if needed for staffing. While at work, worker must:</p> <ul style="list-style-type: none"> 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	<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
-AND-	
End Isolation/ Back to Work Requirements	<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 <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
Work During Isolation?	<p>Yes, in limited circumstances (healthcare staff only) and in consultation with RIDOH:</p> <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 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	<ul style="list-style-type: none"> 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>
When and Where to Test	<ul style="list-style-type: none"> 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 webpage

* 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

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	<ul style="list-style-type: none"> Quarantine for 14 days, ideally in a separate room, if feasible, 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) Quarantine for 14 days after hospital or ED visit discharge if being newly admitted to the facility. Existing residents returning to the facility after an ED visit do not need to quarantine. <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 recommended. Monitor and test immediately if symptoms appear. See page 5 for quarantine after COVID-19 infection or vaccination
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 <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 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	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>
Where to Test	Testing is arranged by RIDOH (Call 401-222-8022)

* 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

Other Congregate Care Facility Residents

(Residents of homeless shelters, group homes, correctional facilities, detention centers, and training school)

Use of Masks	<ul style="list-style-type: none"> • 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
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	<ul style="list-style-type: none"> • 10 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) 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 • Quarantine after hospital or ED visit discharge • See page 5 for quarantine after COVID-19 infection or vaccination <p>In homeless shelters and facilities where adherence to quarantine is challenging:</p> <ul style="list-style-type: none"> • Resident must wear cloth face covering or mask 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 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
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 401-222-8022)
<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 • <u>Combined primary immunodeficiency disorder</u>. 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 	

For additional clarifications and details, please see [Updates and Clarifications of COVID-19 Guidance for Nursing Homes and Assisted Living Facilities](#), dated November 25, 2020.

Quarantine Guidance for People Within 90 Days of Completed COVID-19 Vaccination or Diagnosis of COVID-19 Infection

Use of Masks	<ul style="list-style-type: none"> • 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 	
Definition	Diagnosed with COVID-19 and either: <ul style="list-style-type: none"> • Within 90 days of date of symptom onset OR • Within 90 days of date of positive test if asymptomatic 	Fully Vaccinated for COVID-19 <ul style="list-style-type: none"> • Have received all recommended doses of a COVID-19 vaccine • Are within 14 to 90 days of receipt of the final dose of COVID-19 vaccine
Quarantine After Close Contact* to a Person Suspected or Confirmed to Have COVID-19	<ul style="list-style-type: none"> • Not required if asymptomatic • Monitor symptoms for 14 days after exposure 	<ul style="list-style-type: none"> • Not required if asymptomatic • Monitor symptoms for 14 days after exposure • Testing 5 to 10 days after exposure is highly encouraged
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	<ul style="list-style-type: none"> • Not required if asymptomatic • Monitor symptoms for 14 days after exposure 	<ul style="list-style-type: none"> • Not required if asymptomatic • Testing 5 to 10 days after return from travel is highly encouraged
Asymptomatic Testing	<ul style="list-style-type: none"> • Not recommended within 90 days of COVID-19 diagnosis • Exempt from work, school, or other asymptomatic surveillance testing 	<ul style="list-style-type: none"> • Continue to participate in recommended asymptomatic surveillance testing • COVID-19 vaccine does not affect COVID-19 test results • Testing may identify vaccine-breakthrough cases of COVID-19
Population	<ul style="list-style-type: none"> • Applies to all people 	<ul style="list-style-type: none"> • Applies to all people except vaccinated hospitalized patients and vaccinated residents in long-term care settings like nursing homes and assisted living facilities • Vaccinated hospitalized patients and long-term care facility residents must still quarantine for 14 days after last exposure or out-of-state travel
If COVID-19 Symptoms Develop	<ul style="list-style-type: none"> • Isolate • Call your healthcare provider • Get a COVID-19 test 	
Testing	<ul style="list-style-type: none"> • To get tested, call your healthcare provider or visit RIDOH's COVID-19 testing webpage 	

* 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](#).