



COVID-19 Quarantine and Isolation Guidance by Population

Updated: January 7, 2022

General Public

Includes but is not limited to:

- Customer/client-facing businesses, assisted living personnel, group home personnel, non-profit organizations, and office-based businesses
- K-12 and institutes of higher education

Excludes:

- Hospital and nursing home personnel
- Congregate living residents (nursing homes, assisted livings, group homes, corrections, shelters)
- Immunocompromised people

Isolation and post-infection precautions

(for those who have or think they have COVID-19 regardless of vaccination status)

Isolation starts on the first day of symptoms (day 0) or the day of a positive test if there are no symptoms (day 0)

- 10 days of increased precautions
- Stay home and [isolate](#) for at least 5 days even if you do not have any symptoms
- You may leave isolation after 5 days if:
 - you have no symptoms, or your symptoms have improved and;
 - you are fever-free for 24 hours without the use of fever-reducing medication and;
 - you did not have severe illness
- Wear a [well-fitting mask](#) around others for 5 additional days even at home

If you can leave isolation after 5 days, take extra precautions for an additional 5 days (day 6-10)

- Avoid places where you are unable to always wear a mask, such as **restaurants**
- Avoid [travel](#) until 10 days after the day of your positive test
- Avoid people who are **immunocompromised** or at high risk for severe disease, and **nursing homes** and other **high-risk settings**, until after at least 10 days

If you are not able to wear a mask or had moderate or severe illness

- Isolate for 10 days

Quarantine and additional precautions - Up to date with vaccination
 (For those who have come in close contact¹ with someone who tested positive for COVID-19)

<p>You do not need to quarantine if you are up to date with your vaccination:</p> <p>You are age 18 or older and have received all recommended vaccine doses, including boosters</p> <p align="center">OR</p> <p>You are age 5 to 17 and have completed the primary series of a COVID-19 vaccine</p> <p align="center">OR</p> <p>You had confirmed COVID-19 within the last 90 days (you tested positive using an antigen or PCR test).</p>	<p>Take these additional precautions:</p> <ul style="list-style-type: none"> • Wear well-fitting mask around others for 10 days <ul style="list-style-type: none"> ○ If you are unable to wear a mask: <ul style="list-style-type: none"> ▪ Avoid people who are immunocompromised or at higher risk for severe disease, and nursing homes and other high-risk settings. ▪ Avoid travel for 10 days • Test on day 5, if possible • If symptoms develop, stay home and get tested
--	---

Quarantine and additional precautions- Not up to date with vaccination
 (For those who have come in close contact² with someone who tested positive for COVID-19)

<p>You are not up to date with vaccination if:</p> <p>You are age 18 or older and completed the primary series of recommended vaccine but have not received a recommended booster shot when eligible</p> <p align="center">OR</p> <p>You received the single-dose Johnson & Johnson vaccine (completing the primary series) over 2 months ago and have not received a recommended booster shot</p> <p align="center">OR</p> <p>You are not vaccinated or have not completed a primary vaccine series</p>	<p>Must quarantine for at least 5 days:</p> <ul style="list-style-type: none"> • Continue to wear a well-fitting mask for 5 additional days after quarantine • Test on day 5 or after if possible • If symptoms develop, stay home and get tested <p>Days 0-10:</p> <ul style="list-style-type: none"> • Avoid people who are immunocompromised or at high risk for severe disease, and nursing homes and other high-risk settings • If possible, stay away from people you live with, especially people who are at higher risk for getting very sick from COVID-19 • Avoid travel for 10 days • Watch for fever (100.4°F or greater), cough, shortness of breath, or other COVID-19 symptoms • Wear a well-fitting mask when around others at home and in public
<p>If you are not able to wear a mask</p>	<ul style="list-style-type: none"> • Quarantine for 10 days

¹ Close contact means being within six feet of someone for a cumulative total of 15 minutes or more over a 24-hour period

² Close contact means being within six feet of someone for a cumulative total of 15 minutes or more over a 24-hour period

Healthcare Personnel at Hospitals and Skilled Nursing Homes

See CDC guidance document for definition of Healthcare Personnel: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>

Facilities may implement more restrictive quarantine and isolation policies

Work Restrictions for HCP with COVID-19 Infection

See full guidance here: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>

Vaccination Status	Conventional	Contingency ³	Crisis ⁴
Boosted, Completed Primary Vaccine Series Only, or Unvaccinated ⁵	Isolate for 10 days OR 7 days with a negative test if asymptomatic or mildly symptomatic (with improving symptoms)	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	No restrictions with prioritization considerations (e.g., asymptomatic or mildly symptomatic)

Work Restrictions for Asymptomatic HCP with Exposures

See full guidance here: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>

Vaccination Status	Conventional	Contingency	Crisis
Boosted	No work restrictions with negative test on day 2 and a negative test during the 5 to 7-day period	No work restrictions	No work restrictions
Completed Primary Vaccine Series Only or Unvaccinated, even if within 90 days of prior infection	Quarantine for 10 days OR 7 days with a negative test	No work restrictions with negative test on days 1, 2, 3, and a negative test during the 5 to 7-day period	No work restrictions (test if possible)

Please note: Upon changing staffing category (e.g., from “contingency” to “crisis”), healthcare facilities must notify the Rhode Island Department of Health (RIDOH) by reporting to the Center for Health Facility Regulations. 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.

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 All healthcare workers are required to be vaccinated against COVID-19 effective October 1, 2021, unless a medical exemption applies.

Nursing Home and Assisted Living Facility Residents

Quarantine for 14 days	<ul style="list-style-type: none"> If feasible, quarantine from last day of contact/exposure to a case in a separate room. Resident must quarantine even if COVID-19 vaccination is up to date,* after hospital discharge, or if being newly admitted to the facility Quarantine is not necessary if resident COVID-19 vaccination is up to date* and has not had close contact exposure or travel in the past 14 days
Isolation Duration -AND- End Isolation Requirements	<p>Isolation starts on the first day of symptoms (day 0) or the day of a positive test if there are no symptoms (day 0)</p> <p>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>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
Surveillance and Outbreak Testing	<ul style="list-style-type: none"> Surveillance testing and testing during an outbreak as recommended by RIDOH After testing positive, testing again in the next 90 days is not recommended

* COVID-19 vaccination not up to date:

- You are ages 18 or older and completed the primary series of recommended vaccine but have not received a recommended booster shot when eligible
- You received the single-dose Johnson & Johnson vaccine (completing the primary series) over 2 months ago and have not received a recommended booster shot
- You are not vaccinated or have not completed a primary vaccine series

^ COVID-19 vaccination up to date:

- You are age 18 or older and have received all recommended vaccine doses, including boosters or;
- You are age 5 to 17 and completed the primary series of COVID-19 vaccines or;
- You had confirmed COVID-19 within the last 90 days (you tested positive using a viral test)

**[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

^^ Consult with your healthcare provider about when you can resume being around other people

Other Congregate Care Facility Residents

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

<p>Quarantine Duration COVID-19</p> <p>(Vaccination not up to date*)</p>	<ul style="list-style-type: none"> • 5 days from last day of contact/exposure to the case • Always watch for symptoms for a full 14 days after exposure • If feasible, quarantine in a separate room • Facilities may elect to quarantine newly admitted residents and residents returning after hospital or emergency department visit discharge. Fully vaccinated* residents do not need to quarantine if no close contact exposure or travel in the past 14 days. <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
<p>Quarantine Duration COVID-19</p> <p>(Vaccination up to date^)</p>	<p>Quarantine not required but recommend additional precautions below</p> <ul style="list-style-type: none"> • Wear well-fitting mask around others for 10 days • Should test on day 5, if possible • If symptoms develop, isolate and get tested
<p>Isolation Duration</p> <p>-AND-</p> <p>End Isolation Requirements</p>	<p>Isolation starts on the first day of symptoms (day 0) or the day of a positive test if there are no symptoms (day 0)</p> <p>Not immunocompromised**</p> <p>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>Immunocompromised** ^^</p> <p>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>Surveillance and Outbreak Testing</p>	<ul style="list-style-type: none"> • Surveillance testing and testing during an outbreak as recommended by RIDOH • After testing positive, testing again in the next 90 days is not recommended
<p>Where to Test</p>	<p>Testing may be arranged by RIDOH. Call 401-222-8022.</p>

* COVID-19 vaccination not up to date:

- You are age 18 or older and completed the primary series of recommended vaccine but have not received a recommended booster shot when eligible
- You received the single-dose Johnson & Johnson vaccine (completing the primary series) over 2 months ago and have not received a recommended booster shot
- You are not vaccinated or have not completed a primary vaccine series

^ COVID-19 vaccination up to date:

- You are age 18 or older and have received all recommended vaccine doses, including boosters or;
- You are age 5 to 17 and completed the primary series of COVID-19 vaccines or;
- You had confirmed COVID-19 within the last 90 days (you tested positive using a viral test)

** [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

^^ Consult with your healthcare provider about when you can resume being around other people