



# COVID-19 Quarantine and Isolation Guidance by Population

Updated: January 26, 2022

## General Public

- **Includes:** Customer and client-facing businesses, assisted living personnel, group home personnel, non-profit organizations, office-based businesses, and institutes of higher education
- **Excludes:** Hospital and nursing home personnel, congregate living residents (nursing homes, assisted livings, group homes, correctional facilities, shelters), Pre K-12 students and staff  
([Click here for detailed guidance for Pre K-12 students](#))

### 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)

<b>Isolation for COVID-19 Cases (Regardless of Vaccination Status)</b>	<p><b>Symptomatic person (not immunocompromised<sup>1</sup>)</b></p> <p>Isolate for <b>at least 5 days</b> until:</p> <ul style="list-style-type: none"> <li>• At least 5 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>After day 5, through day 10:</b></p> <ul style="list-style-type: none"> <li>• Wear a <a href="#">high-quality mask</a> around others, even at home.</li> <li>• Do not visit places where you are unable to always wear a mask, such as restaurants.</li> <li>• Do not <a href="#">travel</a> on public transportation or airplanes.</li> <li>• Do not visit people who are <b>immunocompromised</b> or at high risk for severe disease, nursing homes, and other <b>high-risk settings</b>.</li> </ul>
	<p><b>Symptomatic person (immunocompromised<sup>1</sup>)</b></p> <p>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 <b>AND</b></li> <li>• Consult with your healthcare provider.</li> </ul>
	<p><b>Asymptomatic person (not immunocompromised<sup>1</sup>)</b></p> <p>People who are not immunocompromised<sup>1</sup> and remain asymptomatic:</p> <ul style="list-style-type: none"> <li>• Isolation may end when <b>at least 5 days</b> have passed since the date of their first positive diagnostic test.</li> </ul> <p><b>After day 5, through day 10:</b></p> <ul style="list-style-type: none"> <li>• Wear a <a href="#">high-quality mask</a> around others, even at home.</li> <li>• Do not visit places where you are unable to always wear a mask, such as restaurants.</li> <li>• Do not <a href="#">travel</a> on public transportation or airplanes.</li> <li>• Do not visit people who are <b>immunocompromised</b> or at high risk for severe disease, nursing homes, and other <b>high-risk settings</b>.</li> </ul>
	<p><b>Asymptomatic person (immunocompromised<sup>1</sup>)</b></p> <p>People who are immunocompromised and remain asymptomatic:</p> <ul style="list-style-type: none"> <li>• Isolation may end when <b>at least 20 days</b> have passed since the date of their first positive diagnostic test in consultation with healthcare provider.</li> </ul>
<b>Work During Isolation?</b>	No

## Quarantine

(For those who have come in close contact<sup>2</sup> with someone with COVID-19)

<b>Exempt From Quarantine If:</b>	<ul style="list-style-type: none"><li>• 18 or older and had all recommended vaccine doses, including <a href="#">boosters</a> when eligible <b>OR</b></li><li>• 5 to 17 and completed the primary series of a COVID-19 vaccine <b>OR</b></li><li>• Had confirmed COVID-19 within the last 90 days (tested positive using a lab-based antigen or PCR test, excludes home-based tests).</li></ul> <p><b>Observe precautions for 10 days after last exposure:</b></p> <ul style="list-style-type: none"><li>• Wear <a href="#">high-quality mask</a> around others.</li><li>• Do not visit people who are immunocompromised or at higher risk for severe disease, nursing homes, and other high-risk settings.</li><li>• Do not <a href="#">travel</a> on public transportation or airplanes.</li><li>• 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.</li><li>• Test on day 5 recommended.</li><li>• Can go to work during 10-day period.</li></ul>
<b>NOT Exempt From Quarantine If:</b>	<ul style="list-style-type: none"><li>• 18 or older and completed the primary series of recommended vaccine but have not gotten a recommended booster shot when eligible <b>OR</b></li><li>• You are not vaccinated or have not completed a primary vaccine series.</li></ul> <p><b>Stay home for 5 days:</b></p> <ul style="list-style-type: none"><li>• Quarantine at home for 5 days.</li></ul> <p><b>After day 5, through day 10:</b></p> <ul style="list-style-type: none"><li>• Wear <a href="#">high-quality mask</a> around others.</li><li>• Do not visit people who are immunocompromised or at higher risk for severe disease, nursing homes, and other high-risk settings.</li><li>• Do not <a href="#">travel</a> on public transportation or airplanes.</li><li>• 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.</li><li>• Test on day 5 recommended.</li><li>• Can go to work on days 6 to 10.</li></ul>
<b>If you are not able to wear a mask</b> (whether exempt or not exempt from quarantine)	<ul style="list-style-type: none"><li>• Stay home for 10 days after last exposure.</li></ul>
<b>Household contacts with ongoing exposure</b>	<p><b>If exempt from quarantine (vaccinations are up to date<sup>3</sup>):</b></p> <ul style="list-style-type: none"><li>• Follow precautions described above while household member is in isolation, and continue with precautions for 10 days after the person with COVID-19 finishes isolation.</li></ul> <p><b>If not exempt from quarantine (vaccinations are not up to date<sup>4</sup>):</b></p> <ul style="list-style-type: none"><li>• Quarantine at home as soon as the person with COVID-19 starts to isolate.</li><li>• Continue to quarantine at home for 5 days after the person with COVID-19 finishes isolation.</li><li>• After day 5 and through day 10, observe precautions described above.</li></ul>

## Healthcare Personnel (HCP) at Hospitals and Skilled Nursing Homes

See CDC guidance document for definition of Healthcare Personnel: [www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html](http://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html).

Facilities may implement more restrictive quarantine and isolation policies.

This 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](http://www.cdc.gov/coronavirus/2019-ncov/hcp/mitigating-staff-shortages.html).

### 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 <sup>6</sup>	Crisis <sup>7</sup>
Boosted, completed primary vaccine series only, or unvaccinated <sup>5</sup>	Isolate for 10 days <b>OR</b> 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 Close Contacts

See full guidance at: [www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html](http://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html)

Vaccination Status	Conventional	Contingency <sup>6</sup>	Crisis <sup>7</sup>
Had all recommended vaccine doses, including <a href="#">booster</a>	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 the primary series of recommended vaccine but have not had a recommended booster shot when eligible, even if within 90 days of prior infection	Quarantine for 10 days <b>OR</b> 7 days with a negative test	No work restrictions with negative test on days 1, 2, 3, and during the 5 to 7-day period	No work restrictions (test if possible)

## Nursing Home and Assisted Living Facility Residents

<p><b>Isolation Duration</b></p> <p><b>AND</b></p> <p><b>End Isolation Requirements</b></p>	<p><b>Isolation starts on the first day of symptoms (day 0) or the day of a positive test if there are no symptoms (day 0).</b></p> <p><b>Symptomatic person (not immunocompromised<sup>1</sup>)</b> Isolate 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<sup>1, 8</sup>)</b> Isolate 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 (not immunocompromised<sup>1</sup>)</b></p> <ul style="list-style-type: none"> <li>• Isolation may end when <b>at least 10 days</b> have passed since the date of their first positive diagnostic test.</li> </ul> <p><b>Asymptomatic person (immunocompromised<sup>1, 8</sup>)</b> People who are immunocompromised<sup>1</sup> and remain asymptomatic:</p> <ul style="list-style-type: none"> <li>• Isolation may end when <b>at least 20 days</b> have passed since the date of their first positive diagnostic test in consultation with healthcare provider.</li> </ul>
<p><b>Quarantine for 10 days</b></p>	<ul style="list-style-type: none"> <li>• Quarantine is not necessary if resident's COVID-19 vaccination is up to date<sup>3</sup>.</li> <li>• If feasible, quarantine from last day of close contact/exposure to a case in a separate room.</li> <li>• Quarantine after hospital discharge (not emergency department visits) or if being newly admitted to the facility if vaccination is <b>NOT</b> up to date.<sup>4</sup></li> <li>• Quarantine may be shortened to 7 days if a test on day 5 is negative.</li> </ul>
<p><b>Surveillance and Outbreak Testing</b></p>	<ul style="list-style-type: none"> <li>• Surveillance testing and testing during an outbreak as recommended by the Rhode Island Department of Health (RIDOH).</li> <li>• After testing positive, testing again in the next 90 days is <b>not recommended</b>.</li> </ul>

## Other Congregate Care Facility Residents

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

<p><b>Isolation Duration</b></p> <p><b>AND</b></p> <p><b>End Isolation Requirements</b></p>	<p><b>Isolation starts on the first day of symptoms (day 0) or the day of a positive test if there are no symptoms (day 0).</b></p> <p><b>Symptomatic person (not immunocompromised<sup>1</sup>)</b> Isolate 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<sup>1, 8</sup>)</b> Isolate 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 (not immunocompromised<sup>1</sup>)</b></p> <ul style="list-style-type: none"> <li>• Isolation may end when <b>at least 10 days</b> have passed since the date of their first positive diagnostic test.</li> </ul> <p><b>Asymptomatic person (immunocompromised<sup>1, 8</sup>)</b> People who are immunocompromised<sup>1</sup> and remain asymptomatic:</p> <ul style="list-style-type: none"> <li>• Isolation may end when <b>at least 20 days</b> have passed since the date of their first positive diagnostic test in consultation with healthcare provider.</li> </ul>
<p><b>Exempt From Quarantine If:</b></p>	<ul style="list-style-type: none"> <li>• 18 or older and had all recommended vaccine doses, including <a href="#">booster</a> when eligible <b>OR</b></li> <li>• 5 to 17 years and completed the primary series of a COVID-19 vaccine <b>OR</b></li> <li>• Had confirmed COVID-19 within the last 90 days (tested positive using a lab-based antigen or PCR test; excludes home-based tests).</li> </ul> <p><b>Observe precautions for 10 days after last exposure:</b></p> <ul style="list-style-type: none"> <li>• Wear <a href="#">high-quality mask</a> around others.</li> <li>• Do not visit people who are immunocompromised or at higher risk for severe disease, nursing homes, and other high-risk settings.</li> <li>• Do not <a href="#">travel</a> on public transportation or airplanes.</li> <li>• 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.</li> <li>• Test on day 5 recommended.</li> <li>• Can go to work during 10-day period.</li> </ul>
<p><b>NOT Exempt From Quarantine If:</b></p>	<ul style="list-style-type: none"> <li>• 18 or older and completed the primary series of recommended vaccine but have not gotten a recommended booster shot when eligible <b>OR</b></li> <li>• You are not vaccinated or have not completed a primary vaccine series.</li> </ul> <p><b>Quarantine for 5 days:</b></p> <p>After day 5 through day 10:</p> <ul style="list-style-type: none"> <li>• Wear <a href="#">high-quality mask</a> around others.</li> <li>• Do not visit people who are immunocompromised or at higher risk for severe disease, nursing homes, and other high-risk settings.</li> <li>• Do not <a href="#">travel</a> on public transportation or airplanes.</li> <li>• 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.</li> <li>• Test on day 5 recommended.</li> <li>• Can go to work on days 6-10.</li> </ul>

<b>Surveillance and Outbreak Testing</b>	<ul style="list-style-type: none"> <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> </ul>
<b>Where to Test</b>	Testing may be arranged by calling RIDOH at 401-222-8022.

<sup>1</sup> [The 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 \(PI\)](#)
- 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

<sup>2</sup> Close contact means being within six feet of someone for a total of 15 minutes or more in a 24-hour period.

<sup>3</sup> COVID-19 vaccination up to date is defined as:

- You are 18 or older and have gotten all recommended vaccine doses, including boosters or;
- You are 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).

<sup>4</sup> 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 a recommended booster shot when eligible.
- You had the single-dose Johnson & Johnson vaccine (completing the primary series) more than two months ago and have not gotten a recommended booster shot.
- You are not vaccinated or have not completed a primary vaccine series.

<sup>5</sup> All healthcare workers are required to be vaccinated against COVID-19 effective October 1, 2021, unless a medical exemption applies.

<sup>6</sup> 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.

<sup>7</sup> Crisis staffing means there are no longer enough staff to provide safe patient/resident care.

<sup>8</sup> Consult with your healthcare provider about when you can be around other people again.