



COVID-19 Quarantine and Isolation Guidance by Population

Updated: August 10, 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 living facilities, some group homes¹, correctional facilities², and shelters³)

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)

Isolation for COVID-19 Cases (Regardless of Vaccination Status)

Symptomatic person (not immunocompromised⁴)

Should isolate until:

- At least 5 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.

After day 5, through day 10:

- Wear a [high-quality mask](#) around others, even at home.
- Do not visit places where you are unable to always wear a mask, such as restaurants.
- Do not [travel](#) on public transportation or airplanes.
- Do not visit people who are **immunocompromised** or at high risk for severe disease, nursing homes, and other **high-risk settings**.
- People who cannot wear a mask, including children under 2 years of age and people of any age with certain disabilities, should isolate for 10 days.

Symptomatic person (immunocompromised⁴) or those who have had moderate to severe illness from COVID-19

Should isolate until:

- At least 10 days and up to 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**
- Consult with your healthcare provider.

Note: More than 20 days of isolation may be recommended. Please consult with your healthcare provider to determine the right timeline for isolation.

Asymptomatic person (not immunocompromised⁴)

People who are not immunocompromised⁴ and remain asymptomatic:

- Isolation may end when **at least 5 days** have passed since the date of their first positive diagnostic test.

After day 5, through day 10:

- Wear a [high-quality mask](#) around others, even at home.
- Do not visit places where you are unable to always wear a mask, such as restaurants.
- Do not [travel](#) on public transportation or airplanes.
- Do not visit people who are **immunocompromised** or at high risk for severe disease, nursing homes, and other **high-risk settings**.

Asymptomatic person (immunocompromised⁴)

People who are immunocompromised and remain asymptomatic:

- Isolation may end when **at least 10 days and up to 20 days** have passed since the date of their first positive diagnostic test in consultation with healthcare provider.
- If you develop symptoms within your isolation period, refer to the symptomatic guidance above.

Work During Isolation?

No

Quarantine

(Recommended for those who have come in close contact⁵ with someone with COVID-19)

Exempt From Quarantine If:

- 18 or older and up to date⁶ with their vaccines **OR**
- 6 months-17 years of age and have completed primary vaccine series **OR**
- Had confirmed COVID-19 within the last 90 days (tested positive using a lab-based antigen or PCR test, excludes home-based tests).
- [Click here for more information on staying up to date with your COVID-19 vaccines.](#)

Observe precautions for 10 days after last exposure:

- Wear [high-quality mask](#) around others.
- Do not visit people who are immunocompromised or at higher risk for severe disease, nursing homes, and other high-risk settings.
- 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.
- Test on day 5 strongly recommended with an antigen test.
- Can go to work during 10-day period as long as test is negative and no symptoms have developed.
- People who cannot wear a mask, including children under 2 years of age and people of any age with certain disabilities, should quarantine for 10 days.

NOT Exempt From Quarantine If:

- 18 or older and completed the primary series of recommended vaccine but have not gotten recommended booster doses when eligible **OR**
- You are not vaccinated or have not completed a primary vaccine series.
- [Click here for more information on staying up to date with your COVID-19 vaccines.](#)

Stay home for 5 days:

- Recommended to quarantine at home for 5 days.
- Test on day 5 with an antigen test strongly recommended. If positive, begin isolation period.

After day 5, through day 10:

- Wear [high-quality mask](#) around others.
- People who cannot wear a mask, including children under 2 years of age and people of any age with certain disabilities, should quarantine for 10 days.
- Do not visit people who are immunocompromised or at higher risk for severe disease, nursing homes, and other high-risk settings.
- Do not [travel](#) on public transportation or airplanes.
- 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.
- Can go to work on days 6 to 10 if an antigen test is negative, no symptoms have developed, and the person can wear a mask.

If you are not able to wear a mask (whether

- Strongly recommended to stay home for 10 days after last exposure.

exempt or not exempt from quarantine)	
Household contacts with ongoing exposure	<p>If exempt from quarantine:</p> <ul style="list-style-type: none"> • Follow precautions described in the isolation guidance above while household member is in isolation and continue with precautions for 10 days after the person with COVID-19 finishes isolation. • Recommend antigen test on day 5 of quarantine period • If test is positive, begin isolation <p>If not exempt from quarantine:</p> <ul style="list-style-type: none"> • Quarantine at home as soon as the person with COVID-19 starts to isolate. • Continue to quarantine at home for 5 days after the person with COVID-19 finishes isolation. • Once the person with COVID-19 ends isolation, quarantine begins for the household contact. • Recommend antigen test on day 5 of quarantine period • If test is positive, begin isolation

Healthcare Personnel (HCP) at Hospitals and Skilled Nursing Homes

Please see the following CDC guidance for the definition of healthcare personnel (not including assistant living facilities): www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html.

Facilities may implement more restrictive quarantine and isolation policies.

The following 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.

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 ⁸	Crisis ⁹
Up to date, completed primary vaccine series only, or unvaccinated ⁸	Should isolate for 10 days OR 7 days with a negative test if asymptomatic or mildly symptomatic (with improving symptoms)	Should 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 at: www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html

Vaccination Status	Conventional	Contingency ⁸	Crisis ⁹
Up to date with their vaccines	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 recommended boosters when eligible, even if within 90 days of prior infection	Should quarantine for 10 days OR 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>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>Symptomatic person (not immunocompromised⁴) Should isolate 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^{4, 10} or have moderate to severe illness with COVID-19) Should isolate until:</p> <ul style="list-style-type: none"> • At least 10 days and up to 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 • Test-based strategies may be considered in consultation with a healthcare provider <p>Asymptomatic person (not immunocompromised⁴)</p> <ul style="list-style-type: none"> • Isolation may end when at least 10 days have passed since the date of their first positive diagnostic test. <p>Asymptomatic person (immunocompromised^{4, 10}) People who are immunocompromised⁴ and remain asymptomatic:</p> <ul style="list-style-type: none"> • Isolation may end when at least 10 days and up to 20 days have passed since the date of their first positive diagnostic test in consultation with a healthcare provider.
<p>Quarantine for 10 days</p>	<p>Close contact exposure</p> <ul style="list-style-type: none"> • Quarantine is not necessary if resident’s COVID-19 vaccines up to date or have documented infection with COVID-19 in the last 90 days.⁶ • Residents not up to date⁷ with their vaccines who have had close contact with someone with COVID-19 infection should be placed in quarantine after their exposure, even if viral testing is negative. • Asymptomatic residents with close contact with someone with COVID-19 infection, regardless of vaccination status, should have a series of two viral tests: one immediately (but generally not earlier than 24 hours after exposure) and, if negative, again 5 to 7 days after their last exposure. • Symptomatic residents should have two viral tests: one immediately (but generally not earlier than 24 hours after exposure) and, if negative, again 5 to 7 days after their last exposure. • Quarantine may be shortened to 7 days if a test is negative on day 5 or later. <p>Arrival</p> <ul style="list-style-type: none"> • New admissions or residents who have left the facility for more than 24 hours, regardless of vaccination status, should take two viral tests: one immediately, and, if negative, the second 5 to 7 days after admission. • Residents not up to date⁷ with their vaccines who are new admissions or residents who have left the facility for more than 24 hours should be placed in quarantine until their second test is negative. • Quarantine may be shortened to 7 days if a test is negative on day 5 or later.
<p>Surveillance and Outbreak Testing</p>	<ul style="list-style-type: none"> • The Rhode Island Department of Health (RIDOH) no longer recommends routine surveillance testing in nursing homes and assisted living facilities when Rhode Island is not in a period of high transmission. Please refer to the Centers for Medicare and Medicaid Services guidelines for more information. • Call RIDOH for outbreak management protocol and support at 401-222-8022.

Note: Upon changing staffing category (e.g., from “contingency” to “crisis”), healthcare facilities must notify RIDOH by reporting to the Center for Health Facilities Regulation. 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.

Other Congregate Care Facility Residents

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

<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>Symptomatic person (not immunocompromised⁴) Should isolate 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^{4, 10} or have moderate to severe COVID-19 illness). Should isolate until:</p> <ul style="list-style-type: none"> • At least 10 days and up to 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 (not immunocompromised⁴)</p> <ul style="list-style-type: none"> • Isolation may end when at least 10 days have passed since the date of their first positive diagnostic test. <p>Asymptomatic person (immunocompromised^{4, 10}) People who are immunocompromised⁴ and remain asymptomatic:</p> <ul style="list-style-type: none"> • Isolation may end when at least 10 days and up to 20 days have passed since the date of their first positive diagnostic test in consultation with healthcare provider.
<p>Exempt From Quarantine If:</p>	<ul style="list-style-type: none"> • 18 or older and up to date with their vaccines OR • 5-17 and have completed primary vaccine series OR • Had confirmed COVID-19 within the last 90 days (tested positive using a lab-based antigen or PCR test; excludes home-based tests). <p>Observe precautions for 10 days after last exposure:</p> <ul style="list-style-type: none"> • Wear high-quality mask around others. • Do not visit people who are immunocompromised or at higher risk for severe disease, nursing homes, and other high-risk settings. • Do not travel on public transportation or airplanes. • 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. • Test on day 5 recommended. • Can go to work during 10-day period.
<p>NOT Exempt From Quarantine If:</p>	<ul style="list-style-type: none"> • 18 or older and completed the primary series of recommended vaccine but have not gotten recommended boosters when eligible OR • You are not vaccinated or have not completed a primary vaccine series. <p>Should quarantine for 5 days: After day 5 through day 10:</p> <ul style="list-style-type: none"> • Wear high-quality mask around others. • Do not visit people who are immunocompromised or at higher risk for severe disease, nursing homes, and other high-risk settings. • Do not travel on public transportation or airplanes. • 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. • Test on day 5 recommended. • Can go to work on days 6-10.

Surveillance and Outbreak Testing	<ul style="list-style-type: none"> • Surveillance testing and testing during an outbreak as recommended by RIDOH. • Consult RIDOH for outbreak management protocol and support at 401-222-8022
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- ¹Please visit the [Centers for Disease Control and Prevention's \(CDC\) website](#) for more information about group home guidance.
- ²Correctional facility staff with COVID-19 symptoms should be excluded from work and advised to seek testing, regardless of their COVID-19 vaccination and booster status. Staff members with a positive test result (with or without symptoms) should be excluded from work for 10 days from the date when symptoms started, or from the date of the positive test if they do not have symptoms (with day 0 being the date their specimen was collected). However, staff may use CDC guidance for the general public for duration of isolation when they are not at work. Please see the section on isolation duration for staff during crisis-level operations found [here](#).
- ³Shelters may refer to CDC guidance found [here](#).
- ⁴[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
- ⁵Close contact means being within six feet of someone for a total of 15 minutes or more in a 24-hour period.
- ⁶COVID-19 vaccination up to date is defined as:
- You have gotten all recommended vaccine doses and recommended booster doses
- ⁷COVID-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 recommended booster doses when eligible.
 - You had the single-dose Johnson & Johnson vaccine (completing the primary series) more than two months ago and have not gotten recommended booster doses.
 - You are not vaccinated or have not completed a primary vaccine series.
- ⁸Contingency 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.
- ⁹Crisis staffing means there are no longer enough staff to provide safe patient/resident care.
- ¹⁰Consult with your healthcare provider about when you can be around other people again.