Summary of Current New York City COVID-19 Guidance for Isolation, Quarantine and Transmission-Based Precautions

The following guidance applies to people with a positive SARS-CoV-2 nucleic acid assay (NAA) or antigen test (hereafter, a positive “diagnostic test”), an exposure to someone with COVID-19 in the past 14 days, or who were in a travel-restricted state, territory or country. It does not apply to people with a positive serology or antibody test.

- If a person falls into more than one category, use the more conservative guideline or longest duration.
- Before discontinuing isolation, a person who was symptomatic must be fever-free without the use of antipyretics and have had an improvement in symptoms.
- People who have tested positive on a COVID-19 diagnostic test should not be retested for the 90 days following their date of symptom onset (or date of first positive test if they had no symptoms) as long as they do not develop new symptoms. This applies even if they have a new exposure to COVID-19 or travel to an area considered travel-restricted by New York State during the 90-day period.\(^{a,b}\)
- A negative test is not required before someone with confirmed COVID-19 returns to work (exceptions may include health care personnel (HCP) who work in nursing homes or long-term care facilities, for whom New York State Department of Health (NYSDOH) has mandated a negative test before returning to work). This is because viral RNA may be detected for several weeks, or even months, after someone is no longer infectious. Instead of testing, use symptom-based guidance on when to discontinue isolation. Specify in COVID-19 sick notes/documentation that a negative test is not required before the individual returns to work. See the NYC Department of Health and Mental Hygiene (NYC Health Department)’s Provider Note for absence from and returning to work for an example.
- HCP should notify their employer if they are diagnosed with COVID-19, have symptoms consistent with COVID-19, or have an exposure to a person diagnosed with COVID-19. HCP must adhere to their employer’s guidance, which may be more conservative than that of the Centers for Disease Control and Prevention (CDC), NYSDOH, or NYC Health Department.
- NYSDOH issued revised quarantine guidance on December 26, 2020, which continue to allow some essential workers, and under certain circumstances some HCP, to work while under quarantine:
  - For essential workers see: Interim Guidance for Public and Private Employees Returning to Work Following COVID-19 Infection or Exposure
  - For HCP as per NYS guidance:
    - HCP in hospital and direct care settings (such as primary care facilities) are not permitted to work while under quarantine unless there is an actual or anticipated inability to provide essential patient services and approval is granted by NYS.
- HCP in nursing homes and those adult care facilities certified as Enhanced Assisted Living Residences or licensed as Assisted Living Programs can discontinue quarantine after 10 days, but they may not return to work until 14 days have passed.
- For more information on symptoms and home isolation, visit the NYC Health Department’s COVID-19 Symptoms and What to Do When Sick webpage.

Definitions
- **Quarantine** is the separation of people without symptoms who were exposed to a contagious disease to prevent them from further transmitting should they go on to develop the disease.
- **Isolation** is the separation of people who have a contagious disease to prevent them from transmitting it to others.
- **Transmission-based precautions** are the second tier of basic infection control in health care settings and are to be used in addition to standard precautions for patients who may be infected with certain infectious agents like SARS-CoV-2 for which additional precautions are needed to prevent infection transmission. For complete infection-control guidance for SARS-CoV-2, see the CDC’s Interim Infection Protection and Control Recommendations for Health Care Personnel During the Coronavirus Disease 2019 (COVID-19) Pandemic.

<table>
<thead>
<tr>
<th>ISOLATION</th>
<th>What to do if a person has a positive diagnostic test for or symptoms of COVID-19(^b)</th>
<th>When to discontinue isolation or transmission-based precautions for people receiving medical care</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Non-hospitalized people, including most essential workers; see NYC Health Department website for additional guidance (Does not apply to HCP)</strong></td>
<td></td>
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</tr>
<tr>
<td>Symptomatic</td>
<td>Isolation at home or residence(^c)</td>
<td>At least 10 days after symptom onset(^d,e)</td>
</tr>
<tr>
<td>Asymptomatic</td>
<td>Isolation at home or residence(^c)</td>
<td>10 days after first positive diagnostic test (based on specimen collection date)</td>
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<tr>
<td><strong>Health care personnel (See NYS Guidance; does not apply to people who work in a nursing home or adult care facility, see below)</strong></td>
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</table>
### Hospitalized people

<table>
<thead>
<tr>
<th>Category</th>
<th>Precautions</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>Symptomatic</td>
<td>Isolation and transmission-based precautions</td>
<td>At least 10 days (or up to 20 days for persons with severe illness) after symptom onset&lt;sup&gt;e&lt;/sup&gt;</td>
</tr>
<tr>
<td>Asymptomatic</td>
<td>Isolation and transmission-based precautions</td>
<td>At least 10 days after first positive diagnostic test&lt;sup&gt;e&lt;/sup&gt;</td>
</tr>
<tr>
<td>Being discharged to nursing home</td>
<td>NYSDOH Executive Order No. 202.30&lt;sup&gt;e&lt;/sup&gt; requires that, in addition to at least 14 days isolation, a patient must have a negative diagnostic test result prior to discharge to a nursing home, unless they are discharged to a NYS COVID-19 designated nursing home&lt;sup&gt;e&lt;/sup&gt;</td>
<td></td>
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</tbody>
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### Immunocompromised people in any setting

<table>
<thead>
<tr>
<th>Category</th>
<th>Precautions</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>Low-level immunosuppression&lt;sup&gt;i&lt;/sup&gt;</td>
<td>Isolation, or transmission-based precautions for those receiving medical care</td>
<td>Symptomatic At least 10 days after symptom onset&lt;sup&gt;e&lt;/sup&gt;</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Asymptomatic At least 10 days after first positive diagnostic test (based on specimen collection date)&lt;sup&gt;e&lt;/sup&gt;</td>
</tr>
<tr>
<td>Severely immunocompromised&lt;sup&gt;i&lt;/sup&gt;</td>
<td>Isolation, or transmission-based precautions for those receiving medical care</td>
<td>At least 10 days and up to 20 days after symptom onset&lt;sup&gt;e&lt;/sup&gt;</td>
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### Residents of long-term care and other congregate living facilities with at risk populations<sup>i</sup> (see NYSDOH Health Advisory for additional guidance)

<table>
<thead>
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<tbody>
<tr>
<td>Symptomatic</td>
<td>Isolation, or transmission-based precautions</td>
<td>At least 14 days after symptom onset; nursing home residents must also have a negative diagnostic test&lt;sup&gt;i&lt;/sup&gt;</td>
</tr>
<tr>
<td>Asymptomatic</td>
<td>Isolation, or transmission-based precautions</td>
<td>14 days after first positive diagnostic test (based on specimen collection date); nursing home residents must also have a negative diagnostic test&lt;sup&gt;i&lt;/sup&gt;</td>
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### Employees of nursing homes and adult care facilities. (see NYS DOH Commissioner of Health’s letter and NYSDOH frequently asked questions about Executive Order 202.30 for additional guidance)

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<tbody>
<tr>
<td>Symptomatic</td>
<td>Isolation at home or residence&lt;sup&gt;e&lt;/sup&gt;</td>
<td>At least 14 days for nursing home and 10 days for adult care facilities after symptom onset AND a negative diagnostic test&lt;sup&gt;x&lt;/sup&gt;</td>
</tr>
<tr>
<td>Asymptomatic</td>
<td>Isolation at home or residence&lt;sup&gt;e&lt;/sup&gt;</td>
<td>14 days for nursing home and 10 days for adult care facilities after first positive</td>
</tr>
<tr>
<td>QUARANTINE</td>
<td>What to do if a person had close contact(^1) with a person diagnosed with COVID-19 or spent more than 24 hours in a travel-restricted state or country</td>
<td>When to discontinue quarantine</td>
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### A person in quarantine due to close contact\(^1\) with someone (a case) who has a positive COVID-19 diagnostic test

**Has symptoms**

If a person develops symptoms of COVID-19, they should contact a health care provider to arrange for COVID-19 evaluation and diagnostic testing and initiate isolation while awaiting test results; if they test positive, the provider should refer them to the appropriate isolation guidance. If they test negative, they should continue quarantine.

**No symptoms**

Quarantine at home or residence.\(^2\) Some exceptions apply to allow some essential workers deemed critical by their employer to continue to work while under quarantine.\(^3\) If the person has a positive diagnostic test during quarantine, the provider should refer them to the appropriate isolation guidance. If they test negative, they should continue quarantine.

Discontinue quarantine 10 days after last exposure to confirmed COVID-19 case while the case was contagious.\(^4\) Congregate settings can, at their discretion or at the direction of NYC or NYS oversight agencies, continue to have residents adhere to a 14-day quarantine period.

### Quarantine and exclusion of HCP with an exposure\(^5\) at work to a person with a positive COVID-19 diagnostic test (see NYS Advisory for more information)

**Has symptoms**

If HCP develop symptoms of COVID-19, they should contact a health care provider to arrange for COVID-19 evaluation and diagnostic testing, be excluded from work and initiate isolation while awaiting test results; if they test positive, the provider should refer them to the appropriate isolation guidance. If they test negative, they should continue quarantine.

Not applicable
negative, they should continue quarantine.

<table>
<thead>
<tr>
<th>No symptoms</th>
<th>Quarantine at home or residence. If HCP in hospital and direct care settings (such as primary care facilities) are not permitted to work while under quarantine unless there is an actual or anticipated inability to provide essential patient services and approval is granted by NYS. If they have a positive diagnostic test during quarantine, the provider should refer them to the appropriate isolation guidance. If they test negative, they should continue quarantine.</th>
<th>Discontinue quarantine 10 days after last exposure to confirmed COVID-19 case while the case was contagious. HCP who work in a nursing home or an adult care facility certified as enhanced assisted living residences or licensed as assisted living programs can discontinue quarantine after 10 days but cannot return to work until 14 days after last exposure to a confirmed COVID-19 case. Similarly, other congregate settings can at their own discretion or under the direction of NYC or NYS oversight agencies or their own discretion also require HCP not return to work until 14 days after their last exposure to a confirmed COVID-19 case.</th>
</tr>
</thead>
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### A person in quarantine following travel of 24 hours or more to a country with a CDC Level 2 or higher travel warning or another U.S. state or territory (excluding Connecticut, Massachusetts, New Jersey, Pennsylvania and Vermont)

<table>
<thead>
<tr>
<th>Has symptoms</th>
<th>If a person develops symptoms of COVID-19, they should contact a health care provider to arrange for COVID-19 evaluation and diagnostic testing and initiate isolation while awaiting test results; if they test positive, the provider should refer them to the appropriate isolation guidance. If they test negative, they should continue quarantine.</th>
<th>Not applicable</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Symptoms</td>
<td>Quarantine at home or residence with the option of early release based on NYS criteria. Some exceptions allow some first responders and essential workers deemed critical by their employer to continue to work while under quarantine when they and their employer adheres to NYSDOH return to work guidance. If the person has a positive diagnostic test during quarantine, the provider should refer</td>
<td>Discontinue quarantine 10 days from the day the person departed the restricted, state, territory or country. People who meet NYS DOH criteria can exit quarantine following a second negative test, however HCP in addition must also test negative on a COVID-19 diagnostic taken within 24 hours of arrival in New York. By CDC Order, international travelers arriving by air must have a negative test within 3 days prior to arriving in NY.</td>
</tr>
</tbody>
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By CDC Order, international travelers arriving by air must have a negative test within 3 days prior to arriving in NY.
them to the appropriate isolation guidance. If they test negative, they should continue quarantine.

Notes

a If someone who has recovered from COVID-19 develops new symptoms consistent with COVID-19 during the 90 days following their initial onset of illness and an alternative diagnosis (e.g., influenza) is not identified, the person may warrant retesting for SARS-CoV-2 infection. Consultation with infectious disease or infection control experts is recommended. Isolation may be considered during this evaluation, especially if symptoms developed within 14 days of close contact with a confirmed COVID-19 case.
b See NYC Health Department COVID-19: Symptoms and What to Do When Sick.
c Includes isolation in a NYC COVID-19 Hotel Program hotel; the program provides free hotel rooms to eligible New Yorkers who cannot isolate or quarantine where they live and to frontline workers in the health care industry who wish to reduce the risk of transmission at home. For more information, visit nychealthandhospitals.org/test-and-trace/take-care.
d CDC recommends prior to discontinuing isolation and transmission-based precautions, people isolating at home, hospitalized patients, and HCP with mild or moderate illness should also be fever-free for at least 24 hours without the use of fever-reducing medications and have improving symptoms.
e NYSDOH guidance on discontinuing isolation and transmission-based precautions differs from CDC in the following ways:

- **NYSDOH** requires that individuals be fever-free for at least three days (rather than 24 hours as recommended by CDC) without use of fever-reducing medications and have resolving symptoms.
- NYSDOH recommends at least 14 days of isolation for hospitalized patients and persons who are immunocompromised after symptom onset (instead of at least 10 days after symptom onset as recommended by CDC), or 14 days after the first positive test for those who remain asymptomatic.
- The CDC does not recommend a test-based strategy with some exceptions; however, NYS still refers to the use of a test-based strategy as a management option for symptomatic and asymptomatic hospitalized patients. With the NYSDOH test-based strategy, patients must be fever-free without fever-reducing medications; show improvement in respiratory symptoms (such as cough and shortness of breath); and have negative results of a COVID-19 NAA for detection of SARS-CoV-2 RNA from at least two consecutive tests conducted on recommended specimens (nasopharyngeal, nasal and oropharyngeal, or nasal and saliva), collected at least 24 hours apart. The CDC recognizes some instances in which to consider a test-based strategy including discontinuing precautions earlier than if the symptom-based strategy were used, or for some patients (e.g., those who are severely immunocompromised) in consultation with infectious diseases experts if concerns exist for the patient being infectious for more than 20 days.
Per NYSDOH requirements, HCP must isolate until all of the following are true:

- It has been at least 10 days since symptoms started, or, if asymptomatic, 10 days since the test date. Exception: Nursing home staff and caregivers must self-isolate for at least 14 days and ACF for 10 days, and have a negative diagnostic test result before returning to work per NYSDOH requirements.
- They have been fever-free for at least three days without the use of fever-reducing drugs.
- Other symptoms have improved.
- If still symptomatic after 10 days, facility staff or caregivers should wear a facemask when working until symptoms resolve.

Facilities and providers can reach out to the NYSDOH with questions or concerns for implementing appropriate guidance at icp@health.ny.gov, covidhospitaldtcinfo@health.ny.gov, or covidadultcareinfo@health.ny.gov.

For assistance or current information on State designated COVID-19-only nursing homes, contact the NYSDOH Surge and Flex Operations Center at 917-909-2676 24 hours a day, 7 days a week or covidhospitaldtcinfo@health.ny.gov.

People with low-level immunosuppression may include those with chronic lung, heart, kidney, or liver disease; diabetes; HIV infection with CD4 count more than 200; or dialysis-dependent.

People with a severely weakened immune system may include those receiving chemotherapy or radiation for malignancies; those who are immunosuppressed following solid-organ transplant, or those during conditioning and 12 months following hematopoietic stem cell transplant; those taking biologic therapy (rituximab, IL-17, IL-6, or TNF inhibitors); those receiving at least 20 milligrams (mg) or 2 mg per kilogram (kg) body weight of prednisone (or equivalent) per day for 14 or more days; or those who are immunosuppressed because of severe inherited or acquired immunodeficiencies (such as HIV infection with CD4 count less than 200).

Includes people residing in nursing homes or other adult care facilities (for example, those for people with developmental disabilities) and residents of supportive housing and shelters where people share bathrooms, kitchens or sleeping areas. Per NYSDOH requirements, discontinuation of isolation and transmission-based precautions for these populations can occur when all the following are true:

- It has been at least 14 days since the resident’s symptoms started or, if asymptomatic, 14 days since the resident’s test date.
- The resident has not had a fever for the prior three days without use of fever-reducing drugs such as TYLENOL (acetaminophen) or ADVIL/MOTRIN (ibuprofen).
- The resident’s overall illness has improved.
- In nursing homes, a negative result is also required of residents to discontinue isolation, even if they are beyond the isolation period as defined above.

Per NYSDOH requirements, nursing home staff and caregivers must self-isolate for at least 14 days and staff ACF for 10 days, and have a negative diagnostic test result.

For definition of a “close contact,” see NYC Health + Hospitals’ Test & Trace Corps webpage.

See NYSDOH Interim Guidance for Public and Private Employees Returning to Work Following COVID-19 Infection or Exposure.

Quarantine of individuals, including most but not all HCP, exposed to SARS-CoV-2 can end after Day 10 when:
• The person remains asymptomatic for the entirety of quarantine up to the time at which quarantine is discontinued; and
• Daily symptom monitoring continues through quarantine Day 14; and
• The person is counseled to continue to take preventive measures to reduce exposure to SARS-CoV-2 including the use of a face covering and staying at least 6 feet away from other people. If during quarantine the person develops any symptoms, they should immediately self-isolate and contact their healthcare provider to determine the need for COVID-19 testing.

 nig defined by CDC as HCP who was not wearing a face mask or respirator and spent 10 or more minutes within 6 feet of a person with confirmed COVID-19; OR, HCP who was not wearing eye protection and spent 10 or more minutes within 6 feet of a person with confirmed COVID-19 who was not wearing a cloth face covering or face mask; OR, HCP who did not wear all recommended personal protective equipment — such as gloves, gown, N95 respirator, and either goggles or face shield — when a procedure was performed that can generate aerosols (such as intubation, suctioning, high-flow oxygen, nebulizer). Note that the NYSDOH uses 10 minutes to define the amount of time for an exposure, while CDC uses 15 minutes.

 Per NYS guidance, HCP in hospital and direct care settings (such as primary care facilities) are not permitted to work while under quarantine, unless there is an actual or anticipated inability to provide essential patient services. In such cases, exposed HCPs may be permitted to return to work early when:
• Strategies are in place to mitigate HCP staffing shortages as outlined in CDC’s December 14, 2020 Strategies to Mitigate Healthcare Personnel Staffing Shortages;
• A complete NYSDOH HCP Return to Work Waiver with signed CEO attestation is uploaded documenting (a) implementation or attempted implementation of staffing mitigation strategies, and (b) current or imminent staffing shortage that threaten provision of essential patient services;
• Upon review, approval for the waiver is received from the NYS Commissioner of Health; and
• The HCP:
  o Has a negative diagnostic COVID-19 test following exposure and every 2-3 days thereafter until Day 10 after exposure;
  o Self-monitors for symptoms and fever through Day 14; and
  o Continues to quarantine while not at work.

If an exception is made and the HCP returns to work while under quarantine, they must adhere to NYSDOH return to work guidance.

 Travelers entering New York from a state that is not a contiguous state, or from a country with a CDC Level 2 or higher Travel Health Notice, shall quarantine for a period of 10 days, unless:
• For travelers who traveled outside of New York for more than 24 hours, such travelers must obtain testing within 72 hours prior to arrival in New York, AND
• Such travelers must, upon arrival in New York, quarantine for a minimum of three days, measured from time of arrival, and on day 4 may seek a diagnostic test to exit quarantine.
For travelers that meet the criteria above, the traveler may exit quarantine upon receipt of the second negative test result. These exemptions do not apply to teachers, school employees, and child care workers. Additional industry-specific guidance may apply. See here and here for more information, and consult your employer. 

CDC issued an Order requiring all air passengers arriving to the U.S. from a foreign country to get tested no more than 3 days before their flight departs and to present the negative result or documentation of having recovered from COVID-19 to the airline before boarding the flight. Air passengers will also be required to attest that the information they present is true.

The NYC Health Department may change recommendations as the situation evolves. 2.10.21