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

NOTE: The latest revisions are based on the following changes to New York State (NYS) guidance:

- Revised Discontinuation of Transmission-Based Precautions for Patients with COVID-19 Who Are Hospitalized or in Nursing Homes, Adult Care Facilities, or Other Congregate Settings with Vulnerable Residents (May 3, 2021)
- Discontinuation of Interim Guidance for Travelers Arriving in NYS
- Executive Order 202, declaring a disaster emergency in NYS in response to the COVID-19 pandemic and all Executive Orders 202 through 202.111, and Executive Orders 205 through 205.3 were rescinded effective June 25, 2021. Some NYS guidance was also rescinded as a result.

This guidance applies to people with a positive diagnostic test or an exposure to someone with COVID-19 in the past 14 days.

1. If a person falls into more than one category, use the more conservative guideline or longest duration.
2. With rare exceptions described below, people who test positive for COVID-19 and recover should not be retested and do not need to quarantine for the three months following their date of symptom onset (or date of first positive test if they had no symptoms) per NYS Department Of Health (NYSDOH) guidance. This applies even if they have a new exposure to COVID-19.1,2
3. Most people, including most health care personnel (HCP), who are fully vaccinated against COVID-19 (see definition below) do not need to quarantine following exposure to someone with COVID-19 per NYS guidance; however, per the Centers for Disease Control and Prevention (CDC), they should get a COVID-19 test three to five days following the exposure and wear a face mask for 14 days following the exposure. Congregate settings may, at their discretion or, as appropriate, at the direction of New York City (NYC) or NYS oversight agencies, continue to adhere to a 14-day quarantine period for residents and staff of those facilities regardless of vaccination status.
4. A negative test should not be required before someone with confirmed COVID-19 returns to work. This is because viral RNA may be detected for several weeks or months after someone is no longer infectious. Instead of testing, use symptom-based guidance on when to discontinue isolation. Specify in COVID-19 sick documentation that a negative test is not required before the individual returns to work.
5. 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 CDC, NYSDOH, or NYC Department of Health and Mental Hygiene (NYC Health Department).

- HCP are not permitted to work while under quarantine, with limited exception. Refer to NYS Guidance for additional information regarding strategies to mitigate current or imminent staffing shortages.
- 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

- **Isolation** is the separation of people who have a contagious disease to prevent them from transmitting it to others.
- **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.
- **Transmission-based precautions** are to be used in addition to standard precautions for patients who may be infected with SARS-CoV-2 or other agents for which additional precautions are needed. For complete infection-control guidance for COVID-19, see the CDC’s Interim Infection Protection and Control Recommendations for Health Care Personnel During the Coronavirus Disease 2019 (COVID-19) Pandemic.
- **Fully vaccinated**: people are considered fully vaccinated against COVID-19 starting two weeks after receiving the second dose in a two-dose series (e.g., Pfizer-BioNTech or Moderna) or two weeks after they have received a single-dose vaccine (e.g., Johnson and Johnson/Janssen).
- **Diagnostic test** includes any SARS-CoV-2 nucleic acid assay (NAA) or antigen test. It does not include serology/antibody tests.
### Overview of Quarantine, Isolation and Transmission-Based Precautions for New York City

<table>
<thead>
<tr>
<th>Isolation</th>
<th>What to do if a person has a positive diagnostic test for or symptoms of COVID-19²</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 HCP; see NYC Health Department website for additional guidance.</strong>&lt;br&gt;Note: Does not apply to people who are severely immunocompromised; see below.</td>
<td></td>
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<tr>
<td>Symptomatic</td>
<td>Isolation at home or residence³</td>
<td>At least 10 days after symptom onset⁴</td>
</tr>
<tr>
<td>Asymptomatic</td>
<td>Isolation at home or residence³</td>
<td>10 days after first positive diagnostic test (based on specimen collection date)</td>
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<tr>
<td><strong>Hospitalized people and residents of nursing homes, adult care facilities, or other congregate settings with vulnerable residents as per NYS</strong></td>
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<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 illness⁵) after symptom onset⁴</td>
</tr>
<tr>
<td>Asymptomatic</td>
<td>Isolation and transmission-based precautions</td>
<td>At least 10 days after first positive diagnostic test</td>
</tr>
<tr>
<td><strong>Severely immunocompromised⁶ people in any setting</strong></td>
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<tr>
<td>Severely immunocompromised⁶</td>
<td>Isolation, or transmission-based precautions for those receiving medical care</td>
<td>Up to 20 days after symptom onset or if asymptomatic⁷ after first positive diagnostic test (based on specimen collection date)⁴&lt;br&gt;A test-based strategy⁸ could be considered if there is concern for prolonged infectiousness; consult infectious disease experts</td>
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### Quarantine

<table>
<thead>
<tr>
<th>What to do if a person had close contact with a person diagnosed with COVID-19</th>
<th>When to discontinue quarantine</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A person in quarantine due to close contact with someone who has a positive COVID-19 diagnostic test.</strong>&lt;br&gt;Note: People who are fully vaccinated, other than residents of a health care facility and people who tested positive for COVID-19 in the preceding three months, do not need to quarantine.⁹</td>
<td></td>
</tr>
<tr>
<td>Has symptoms</td>
<td>If a person develops symptoms of COVID-19, they should contact a health care provider to arrange for COVID-19</td>
</tr>
</tbody>
</table>
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.

| No symptoms | Quarantine at home or residence.³ If the person has a positive diagnostic test during quarantine, refer them to the appropriate isolation guidance. If they test negative, they should continue quarantine. | Discontinue quarantine 10 days after last exposure to someone confirmed with COVID-19 while they were contagious.¹⁰ 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 regardless of vaccination status. |
| Has symptoms | If HCP develop symptoms of COVID-19, they should arrange for COVID-19 evaluation and diagnostic testing, be excluded from work and initiate isolation while awaiting test results; if they test positive, refer them to the appropriate isolation guidance. | Not applicable |
| No symptoms | Quarantine at home or residence.³ 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.¹² If they have a positive diagnostic test during quarantine, refer them to the appropriate isolation guidance. If they test negative, they should complete quarantine. | Discontinue quarantine 10 days after last exposure to someone confirmed with COVID-19 while they were contagious.¹⁰ Congregate settings can, at their own discretion or under the direction of NYC or NYS oversight agencies, require HCP and staff to not return to work until 14 days after their last exposure to someone confirmed with COVID-19 regardless of vaccination status. |

Quarantine and exclusion of HCP with an exposure¹¹ at work to a person with a positive COVID-19 diagnostic test (see NYS Advisory for more information). NOTE: Fully vaccinated HCP and HCP who tested positive for COVID-19 in the preceding three months do not need to quarantine.⁹

| Travel:¹³ What to do when a person arrives to New York following domestic or international¹⁴ travel |
| Has symptoms | If a person develops symptoms of COVID-19, they should arrange for COVID-19 evaluation and diagnostic testing and initiate isolation while awaiting test results; if they test positive, refer them to the appropriate isolation guidance. |
Quarantine and testing for persons after they arrive in New York following domestic or international travel are no longer required by NYS. Travelers should adhere to the CDC travel guidance. Travelers who are not fully vaccinated and have not recovered from COVID-19 in the past three months are recommended to:
- Get tested one to three days before travel
- Get tested three to five days after travel and quarantine at home for seven days after travel even if the test is negative (or 10 days if not tested). If the test is positive, the traveler must isolate.

Travelers who are fully vaccinated and have not recovered from COVID-19 in the past three months are recommended to get tested three to five days after arriving in NYC from international travel.

Notes
1 If someone who is fully vaccinated or who has recovered from COVID-19 in the past three months develops new symptoms consistent with COVID-19, 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 someone confirmed with COVID-19.
2 See NYC Health Department COVID-19: Symptoms and What to Do When Sick.
3 Includes isolation in a NYC COVID-19 Hotel Program hotel; the program provides free hotel rooms to eligible New Yorkers unable to safely isolate or quarantine where they live.
4 Prior to discontinuing isolation and transmission-based precautions, CDC recommends people should also be fever-free for at least 24 hours without the use of fever-reducing medications and have improving symptoms.
5 NYS guidance advises that providers caring for people with severe to critical illness consider consultation with infection control or infectious disease experts, especially if fewer than 15 days have passed since symptom onset. CDC recommends use of National Institutes of Health (NIH) guidelines as an option for defining severity of illness (they define mild, moderate, severe and critical illness).
6 CDC defines severe immunocompromise as certain conditions, including being on chemotherapy for cancer, untreated HIV with CD4 count <200, combined primary immunodeficiency disorder, and receipt of prednisone >20mg/day for >14 days, that may cause a higher degree of immunosuppression and therefore require different isolation considerations.
7 Per NYS guidance, severely immunocompromised patients who were asymptomatic at the time of their first positive test and subsequently developed symptoms attributed to COVID-19 must isolate for at least 10 days and up to 20 days after symptom onset.
8 Per NYS guidance all of the following are required to discontinue transmission-based precautions when using the test-based strategy:
- At least 24 hours have passed since last fever, without fever-reducing medications; and
- Symptoms (if present) have improved; and
• Results are negative from at least two consecutive respiratory specimens collected greater than or equal to 24 hours apart and tested using an FDA-authorized molecular viral assay for detection of SARS-CoV-2 RNA. Antigen tests are not molecular viral assays and should not be used for this purpose.

9 Per NYS guidance, people (with the exception of inpatients and residents in health care settings) and HCP who are fully vaccinated or who tested positive for COVID-19 in the preceding three months do not have to quarantine, but must continue to take additional precautions following exposure to COVID-19 including:
• Perform daily symptom monitoring through Day 14;
• Adhere to all recommended non-pharmaceutical interventions, including hand hygiene and the use of face coverings, through Day 14; and
• Immediately self-isolate if any symptoms develop and contact their health care provider to report this change in clinical status and determine if they should seek testing.

CDC recommends fully vaccinated inpatients and residents in health care settings should continue to quarantine following prolonged close contact with someone with COVID-19. HCPs should adhere to their employer’s guidance regarding precautions and testing as per NYS, and work restrictions should still be considered for fully vaccinated HCP who have underlying immunocompromising conditions which might impact the level of protection provided by the vaccine. In addition to quarantine, refer to CDC guidance which recommends COVID-19 testing for HCP with a higher-risk exposure and patients or residents with prolonged close contact with someone with COVID-19, regardless of vaccination status.

10 Quarantine of individuals exposed to someone with COVID-19 can end after Day 10 when:
• The person remains asymptomatic for the entirety of quarantine;
• Daily symptom monitoring continues through quarantine Day 14; and
• The person is counseled to continue to take preventive measures to reduce transmission including the use of a face mask and staying at least 6 feet from other people.

11 Exposure defined by CDC as HCP who was not wearing a face mask or respirator and spent 15 or more minutes within 6 feet of a person with confirmed COVID-19; HCP who was not wearing eye protection and spent 15 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 NYSDOH uses 10 minutes to define the amount of time for an exposure, while CDC uses 15 minutes.

12 Per NYS guidance, HCP who are not fully vaccinated and work in hospital or direct care settings (such as primary care facilities) are not permitted to work while under quarantine. For additional information regarding strategies to mitigate current or imminent staffing shortages that threaten provision of essential patient services and crisis capacity strategies and waiver requests for health care entities continuing to experience staffing shortages that threaten provision of essential patient services.
Mask use is required by all travelers while on planes, buses, trains, and other forms of public transportation. All travelers should self-monitor for COVID-19 symptoms following travel and isolate and get tested if they develop symptoms.

All air passengers coming to the U.S. following international travel, including U.S. citizens and fully vaccinated people, are required to have a negative COVID-19 viral test result no more than three days before travel, or documentation of recovery from COVID-19 in the past three months before they board a flight to the U.S.

The NYC Health Department may change recommendations as the situation evolves. 8.20.21