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

**Note:** The latest revision is based on changes to New York City (NYC)’s policy regarding quarantine for persons who are fully vaccinated. This guidance applies to people with a positive diagnostic test or an exposure to someone with COVID-19 in the past 14 days.

- If a person falls into more than one category, use the more conservative guideline or longest duration.
- 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 New York State Department Of Health (NYSDOH) guidance. This applies even if they have a new exposure to COVID-19. For more information, visit coronavirus.health.ny.gov, select the Guidance tab and refine your search with the keywords Quarantine for Community Persons Exposed to COVID-19.
- Most people, including most health care personnel (HCP), who are fully vaccinated against COVID-19 (see Definitions section later in this guidance) do not need to quarantine following exposure to someone with COVID-19 per NYSDOH guidance; however, they should get a COVID-19 test five days following the exposure. Congregate settings may, at their discretion or, as appropriate, at the direction of 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.
- 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.
- Health care personnel (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 (Health Department).
- HCP are not permitted to work while under quarantine, with limited exception. Refer to NYSDOH guidance for additional information regarding strategies to mitigate current or imminent staffing shortages. Visit coronavirus.health.ny.gov, select the Guidance tab and refine your search with the keyword HCP.
- For more information on symptoms and home isolation, visit nyc.gov/health/coronavirus and select the Treatments tab on the left.
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, visit [cdc.gov/covid19](http://cdc.gov/covid19) and search Infection Control Guidance.

- People are considered **fully vaccinated** against COVID-19 starting two weeks after receiving the second dose in a two-dose series (such as Pfizer-BioNTech or Moderna) or two weeks after they have received a single-dose vaccine (such as Johnson and Johnson/Janssen). There is currently no post-vaccination time limit on fully vaccinated status. Additional doses and boosters are not required to be considered fully vaccinated.

- **Diagnostic tests** include any SARS-CoV-2 nucleic acid assay (NAA) or antigen test, including at-home diagnostic tests. For more information on at-home tests, visit [on.nyc.gov/home-testing](http://on.nyc.gov/home-testing). Note that at-home test results may not be accepted for some purposes, such as school, employer or travel testing requirements, and are not appropriate for use in hospitalized patients. Diagnostic tests do **not** include 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-19</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; visit nyc.gov/health/coronavirus for additional guidance.</strong> Note: Does not apply to people who are severely immunocompromised; see below.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Has symptoms</td>
<td>Isolation at home or residence&lt;sup&gt;3&lt;/sup&gt;</td>
<td>At least 10 days after symptom onset&lt;sup&gt;4&lt;/sup&gt;</td>
</tr>
<tr>
<td>No symptoms</td>
<td>Isolation at home or residence&lt;sup&gt;3&lt;/sup&gt;</td>
<td>10 days after first positive diagnostic test (based on specimen collection date)</td>
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<tr>
<td><strong>NYSDOH guidance for hospitalized people and residents of nursing homes, adult care facilities, or other congregate settings with vulnerable residents</strong></td>
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<tr>
<td>Has symptoms</td>
<td>Isolation and transmission-based precautions</td>
<td>At least 10 days (or up to 20 days for persons with severe illness&lt;sup&gt;5&lt;/sup&gt;) after symptom onset&lt;sup&gt;4&lt;/sup&gt;</td>
</tr>
<tr>
<td>No symptoms</td>
<td>Isolation and transmission-based precautions</td>
<td>At least 10 days after first positive diagnostic test</td>
</tr>
<tr>
<td><strong>Severely immunocompromised&lt;sup&gt;6&lt;/sup&gt; people in any setting</strong></td>
<td></td>
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</tbody>
</table>
| Severely immunocompromised<sup>6</sup> | Isolation, or transmission-based precautions for those receiving medical care | Up to 20 days after symptom onset or if asymptomatic<sup>7</sup> after first positive diagnostic test (based on specimen collection date)<sup>4</sup>  
A test-based strategy<sup>8</sup> could be considered if there is concern for prolonged infectiousness; consult infectious disease experts |
| **Quarantine** | What to do if a person had close contact with a person diagnosed with COVID-19 | When to discontinue quarantine |
A person in quarantine due to close contact with someone who has a positive COVID-19 diagnostic test.

Note: People who are fully vaccinated (with the exception of residents of a health care facility) and people who tested positive for COVID-19 in the preceding three months do not need to quarantine.\(^9\)

| 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 the person is fully vaccinated or recently recovered from confirmed COVID-19 in the past three months, and depending on their symptoms the NYC Health Department or NYC Test & Trace may determine:  
  - Isolation is not required, and
  - Quarantine can end after day seven if:  
    o No additional symptoms attributable to COVID-19 are reported during quarantine and,
    o A diagnostic specimen collected at least five days after the date of last exposure tests negative for SARS-CoV-2.\(^11\)  
If they test positive, the provider should refer them to the appropriate isolation guidance. | Not applicable |
<p>| 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) However, in NYC, quarantine can end after day seven if no COVID-19 symptoms have been reported during quarantine and a diagnostic specimen collected at least five days after the date of last exposure tests negative for SARS-CoV-2.(^11) Congregate settings can, at their discretion or at the direction of NYC or |</p>
<table>
<thead>
<tr>
<th>NYS oversight agencies, continue to have residents and staff adhere to a 10 to 14-day quarantine period regardless of vaccination status. For information on NYC public school policies see schools.nyc.gov/about-us/messages-for-families.</th>
</tr>
</thead>
</table>

### Quarantine and exclusion of HCP in health care and other direct care settings with an exposure¹² at work to a person with a positive COVID-19 diagnostic test. Note: Fully vaccinated HCP and HCP who tested positive for COVID-19 in the preceding three months do not need to quarantine.⁹

<table>
<thead>
<tr>
<th>Has symptoms</th>
<th>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.</th>
<th>Not applicable</th>
</tr>
</thead>
<tbody>
<tr>
<td>No symptoms</td>
<td>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.¹³ If they have a positive diagnostic test during quarantine, refer them to the appropriate isolation guidance. If they test negative, they should complete quarantine.</td>
<td>Discontinue quarantine 10 days after last exposure to someone with confirmed 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 work until 14 days after their last exposure to someone with confirmed COVID-19 regardless of vaccination status.</td>
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### Travel:¹⁴ What to do when a person arrives in New York following domestic or international travel

<table>
<thead>
<tr>
<th>Has symptoms</th>
<th>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.</th>
</tr>
</thead>
<tbody>
<tr>
<td>No symptoms</td>
<td>Most international travelers boarding a flight to the U.S. are required by CDC to be fully vaccinated; in addition, international travelers must show either a negative COVID-19 viral test result performed within three days of travel (or one day of travel if not fully vaccinated) or documentation of recovery from COVID-19 in the past three months. For more information, visit cdc.gov/coronavirus and search International Travel.</td>
</tr>
</tbody>
</table>
With limited exceptions, people are not required to quarantine upon arrival to U.S. However, they are encouraged to follow CDC travel guidelines, including the following:

- Domestic and international travelers who are not fully vaccinated and have not recovered from COVID-19 in the past three months should get tested three to five days after travel and quarantine at home for seven days after travel even if the test is negative (or quarantine for 10 days if not tested). If the test is positive, the traveler must isolate.
- International travelers who are fully vaccinated should get tested for COVID-19 three to five days after arriving in NYC (unless they have recovered from COVID-19 in the past three months).

For more information on CDC travel guidelines, visit [cdc.gov/coronavirus](http://cdc.gov/coronavirus), select the **Your Health** tab, and select **Travel** on the left sidebar.

**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 (such as 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. For information on symptoms, what to do if you have COVID-19, and isolation or quarantine, visit [nyc.gov/health/coronavirus](http://nyc.gov/health/coronavirus) and select **Treatments** on the left.

3. Includes isolation in a NYC COVID-19 Take Care Hotel; the program provides free hotel rooms to eligible New Yorkers unable to safely isolate or quarantine where they live. For more information on the Take Care Hotel program, visit [nychealthandhospitals.org/test-and-trace/take-care](http://nychealthandhospitals.org/test-and-trace/take-care).

4. Prior to discontinuing isolation and transmission-based precautions, the 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. NYSDOH 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. For more information, visit [coronavirus.health.ny.gov](http://coronavirus.health.ny.gov), select the **Guidance** tab and refine your search with the keywords **Vulnerable Residents**. Severity of illness may be defined using National Institutes of Health (NIH) guidelines; visit [covid19treatmentguidelines.nih.gov](http://covid19treatmentguidelines.nih.gov) and select **Clinical Spectrum** under the **Overview** drop-down.

6. CDC defines severely immunocompromised as certain conditions, including being on chemotherapy for cancer, untreated HIV with CD4 count of less than 200, combined primary immunodeficiency disorder, and receipt of prednisone of more than 20 milligrams per day for more than 14 days, that may cause a higher degree of immunosuppression and therefore require different isolation considerations. For more information, visit [cdc.gov/covid19](http://cdc.gov/covid19), select the **Healthcare Workers** tab and then select **Ending Isolation and Precautions**.
Per NYSDOH 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. For more information, visit [coronavirus.health.ny.gov](https://coronavirus.health.ny.gov), select the Guidance tab and refine your search with the keywords Vulnerable Residents.

Per NYSDOH 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.

For more information, visit [coronavirus.health.ny.gov](https://coronavirus.health.ny.gov), select the Guidance tab and refine your search with the keywords Vulnerable Residents.

Per NYSDOH guidance, people (with the exception of inpatients and residents in health care settings), including HCP, who are fully vaccinated or who tested positive for COVID-19 in the previous 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; and
- 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.

For more information, visit [coronavirus.health.ny.gov](https://coronavirus.health.ny.gov), select the Guidance tab and refine your search with the keywords Quarantine for Community Persons Exposed to COVID-19. The CDC recommends fully vaccinated inpatients and residents in health care settings to 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 NYSDOH, and work restrictions should still be considered for fully vaccinated HCP who have underlying medical conditions which might impact the level of protection provided by the vaccine. For NYSDOH’s revised protocols for HCP following COVID-19 exposure, visit [coronavirus.health.ny.gov](https://coronavirus.health.ny.gov), select the Guidance tab and refine your search with the keyword HCP. 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. For more information, visit [cdc.gov/covid19](https://cdc.gov/covid19), select the Healthcare Workers tab and then select Infection Control Guidance.

Quarantine of individuals exposed to someone with COVID-19 can end after day 10 when:

- The person remains asymptomatic for the entirety of quarantine; and
- 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.

For more information, visit coronavirus.health.ny.gov, select the Guidance tab and refine your search with the keywords Quarantine for Community Persons Exposed to COVID-19. Staff, inpatients and residents in health care settings should follow their employer or facility’s guidance on duration of quarantine. Facilities that are regulated by NYS should follow NYSDOH guidance.

11 Nucleic acid amplification-based testing such as a PCR is preferable for testing asymptomatic people, but antigen tests are also accepted for the purpose of shortening quarantine. For situations for which it is appropriate to use results from at-home test kits to guide discontinuation of quarantine, the first test must be performed at least five days after the last exposure, and the second test 24 hours after the first test (or longer based on the manufacturer’s instructions). For more information on at-home tests, visit on.nyc.gov/home-testing.

12 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 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 intubating, 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. For more information, visit cdc.gov/covid19, select the Healthcare Workers tab and then select Potential Exposure at Work.

13 Per NYSDOH 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, visit coronavirus.health.ny.gov, select the Guidance tab and refine your search with the keyword HCP.

14 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.

The NYC Health Department may change recommendations as the situation evolves. 11.22.21