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 New York State Guidance:

- Updated Interim Guidance for Travelers Arriving in New York State (April, 2021)
- Update to Interim Health Advisory: Revised Protocols for Personnel in Healthcare and Other Direct Care Settings to Return to Work Following COVID-19 Exposure – Including Quarantine and Furlough Requirements for Different Healthcare Settings (April 22, 2021)
- Update to COVID19 Community Quarantine Advisory (April 22, 2021)
- 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)

The following guidance applies to people with a positive diagnostic test, an exposure to someone with COVID-19 in the past 14 days, or certain health care personnel (HCP) who were in a travel-restricted country.

- If a person falls into more than one category, use the more conservative guideline or longest duration.
- With rare exceptions described below, people who have tested positive on a COVID-19 diagnostic test 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) as long as they do not develop new symptoms, per New York State (NYS) Guidance. This applies even if they have a new exposure to COVID-19. ¹,²
- People, including most HCP, who have been fully vaccinated against COVID-19 (see definition below) do not need to quarantine following exposure to someone with COVID-19 as per NYS Guidance. Congregate settings may, at their discretion or at the direction of New York City or State 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 is not required before someone with confirmed COVID-19 returns to work (exceptions may include HCP who work in nursing homes or long-term care facilities, for whom NYS has mandated a negative test before returning to work, or who are severely immunocompromised). 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.
- 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), NYS Department of Health (NYSDOH), or NYC Department of Health and Mental Hygiene (NYC Health Department).

- **NYSDOH issued quarantine guidance** on December 26, 2020, which still refers to previous guidance which allows some essential workers to work while under quarantine, see: Interim Guidance for Public and Private Employees Returning to Work Following COVID-19 Infection or Exposure

- HCP are not permitted to work while under quarantine, with limited exception. Refer to the NYS Guidance 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.

- 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.

- **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-19&lt;sup&gt;2&lt;/sup&gt;</th>
<th>When to discontinue isolation or transmission-based precautions for people receiving medical care</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-hospitalized people, including most health care personnel and essential workers; see NYC Health Department website for additional guidance (Does not apply to HCP who work in a nursing home or adult care facility, or are severely immunocompromised; see below)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Symptomatic</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>Asymptomatic</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>
</tr>
<tr>
<td>Hospitalized people and residents of nursing homes, adult care facilities, or other congregate settings with vulnerable residents as per NYS</td>
<td></td>
<td></td>
</tr>
<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&lt;sup&gt;5&lt;/sup&gt;) after symptom onset&lt;sup&gt;4&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</td>
</tr>
<tr>
<td>Being discharged to nursing home</td>
<td>NYSDOH Executive Order No. 202.30 requires that, in addition to at least 10 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;6&lt;/sup&gt;</td>
<td></td>
</tr>
<tr>
<td>Severely immunocompromised&lt;sup&gt;7&lt;/sup&gt; people in any setting</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Severely immunocompromised&lt;sup&gt;7&lt;/sup&gt;</td>
<td>Isolation, or transmission-based precautions for those receiving medical care</td>
<td>Up to 20 days after symptom onset or if asymptomatic&lt;sup&gt;8&lt;/sup&gt; after first positive diagnostic test (based on specimen collection date)&lt;sup&gt;4&lt;/sup&gt;</td>
</tr>
<tr>
<td></td>
<td></td>
<td>A test-based strategy&lt;sup&gt;9&lt;/sup&gt; could be considered if there is concern for prolonged infectiousness; consult infectious disease experts</td>
</tr>
<tr>
<td>Employees of nursing homes and adult care facilities. (see NYSDOH Commissioner of Health’s letter, NYS letter to nursing homes and NYSDOH frequently asked questions about Executive Order 202.30 for additional guidance)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Symptomatic</td>
<td>Isolation at home or residence&lt;sup&gt;3&lt;/sup&gt;</td>
<td>At least 14 days for nursing home and 10 days for adult care facilities after</td>
</tr>
</tbody>
</table>
## QUARANTINE

<table>
<thead>
<tr>
<th>What to do if a person had close contact(^{11}) with a person diagnosed with COVID-19</th>
<th>When to discontinue quarantine</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Asymptomatic</strong></td>
<td>Isolation at home or residence(^3)</td>
</tr>
<tr>
<td>Symptom onset(^4) and a negative diagnostic test(^{10})</td>
<td>14 days for nursing home and 10 days for adult care facilities after first positive diagnostic test (based on specimen collection date) and a negative diagnostic test(^{10})</td>
</tr>
</tbody>
</table>

### A person in quarantine due to close contact with someone (a case) who has a positive COVID-19 diagnostic test

<table>
<thead>
<tr>
<th>Has symptoms</th>
<th>No symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td>Quarantine at home or residence.(^3) Some exceptions apply to allow some essential workers deemed critical by their employer to continue to work while under quarantine.(^{11}) 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. Per NYS guidance, people who achieved full vaccination or who tested positive for COVID-19 in the preceding three months do not have to quarantine, but must continue to adhere to NYS guidance regarding additional precautions.(^{12}) This exception does not apply to inpatients and residents in health care settings.</td>
</tr>
<tr>
<td>Not applicable</td>
<td>Discontinue quarantine 10 days after last exposure to confirmed COVID-19 case while the case was contagious.(^{13}) 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.</td>
</tr>
</tbody>
</table>

**Quarantine and exclusion of HCP with an exposure\(^{14}\) 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 |
| No symptoms | Quarantine at home or residence. 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. Per [NYS guidance](#), people who achieved full vaccination or who tested positive for COVID-19 in the preceding three months do not have to quarantine or be excluded from work, but must continue to adhere to NYS guidance regarding additional precautions, and their employers guidance regarding precautions and testing. | 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 also require HCP not return to work until 14 days after their last exposure to a confirmed COVID-19 case regardless of vaccination status. |

**TRAVEL: What to do if a person arrives to NY following domestic or international travel**

| 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 | FOLLOWING DOMESTIC TRAVEL (24 hours or more to a U.S. state or territory, excluding Connecticut, Massachusetts, New Jersey, Pennsylvania and Vermont) Quarantine and testing are no longer required, however per NYS: • Travelers who have not achieved full vaccination or recovered from COVID-19 in the past three months are recommended to get tested three to five days after | |
arrival in NYS and consider non-mandated self-quarantine (seven days if tested on day three to five, otherwise 10 days) regardless of test result.

- HCP who work in nursing homes, enhanced assisted living residences or assisted living programs and who have not achieved full vaccination or have not recovered from COVID-19 in the past three months must furlough for 14 days after arrival in NYS.

FOLLOWING INTERNATIONAL TRAVEL\textsuperscript{16}

Quarantine and testing are no longer required, however per NYS:

- Fully vaccinated individuals who have not recovered from COVID-19 in the past three months are recommended to get tested three to five days after arrival in NY.
- All international travelers who have not achieved full vaccination and have not recovered from COVID-19 in the past three months are recommended to get tested three to five days after arrival in NY and consider non-mandated self-quarantine (seven days if tested on day three to five, otherwise 10 days) regardless of test result.
- HCP who have not achieved full vaccination and have not recovered from COVID-19 in the past three months who:
  - work in nursing homes, enhanced assisted living residences or assisted living programs must furlough for 14 days after arrival in NYS.
  - work in all other health care settings must furlough for seven days with a test on day three to five after arrival in NYS, or furlough for 10 days if not tested.

Notes

\textsuperscript{1} If someone who is fully vaccinated, or who has recovered from COVID-19 develops new symptoms consistent with COVID-19 during the three months 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.

\textsuperscript{2} See NYC Health Department COVID-19: Symptoms and What to Do When Sick.

\textsuperscript{3} 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 wish to reduce the risk of transmission at home.

\textsuperscript{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. NYS does not align with CDC’s fever free period and continues to require individuals be fever-free for at least three days (rather than 24 hours as recommended by CDC) with the exception of the recently revised NYS guidance for hospitalized patients and residents of hospitals, nursing homes, adult care facilities, and certain other congregate living facilities with highly vulnerable patients and residents.
5 NYS guidance advises that 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 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.

7 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.

8 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 since symptom onset.

9 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.

10 Per NYS requirements, nursing home staff and caregivers must self-isolate for at least 14 days and adult care facility staff for 10 days, have a negative diagnostic test result before returning to work. In addition, before returning to work NYS requires:

- Be 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 NYS DOH with questions or concerns for implementing appropriate guidance at icp@health.ny.gov, covidhospitaldtcinfo@health.ny.gov, or covidadultcareinfo@health.ny.gov.

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

12 People who do not need to quarantine because they are fully vaccinated or diagnosed with COVID-19 in the preceding three months must continue to adhere to general precautions as defined by NYS following exposure to COVID-19 or following domestic travel 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.

13 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 health care provider to determine the need for COVID-19 testing.
• HCP working in nursing homes or adult care facilities certified as EALR or licensed as ALP
  o After completing the 10 day quarantine must furlough through the 14th day after exposure. Participate in diagnostic COVID-19 testing twice per week or as determined by the Commissioner of Health in accordance with EO 202.88;
  o Be assigned to areas in which they will only have contact with vaccinated residents (except for HCP working in pediatric facilities and units); and
  o Comply with symptom monitoring and nonpharmaceutical interventions through day 14.

Exposure 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; 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 NYSDOH uses 10 minutes to define the amount of time for an exposure, while CDC uses 15 minutes.

Per NYS guidance, HCP who did not achieve full vaccination and work in hospital and 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.

Travelers from Canada, crossing at land borders subject to the agreement between the governments of the United States and Canada, are permitted to travel in accordance with the federal agreement and need not quarantine solely due to such federally authorized travel.

The NYC Health Department may change recommendations as the situation evolves. 5.24.21