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:
- Update to COVID19 Community Quarantine Advisory (March 10, 2021)
- Update interim HCP return to work (March 10, 2021)
- Update interim travel advisory (March 10, 2021)

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.
- 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 as per NYS Guidance. This applies even if they have a new exposure to COVID-19 or domestic travel to an area considered travel-restricted by New York State during the three month period.a,b
- People who have been fully vaccinated against COVID-19 do not need to quarantine during the first three months after full vaccination (see definition below) as per NYS Guidance. This applies to both people who were exposed to someone with COVID-19 and following domestic travel. This guidance does not apply to vaccinated inpatients and residents in health care settings. 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.
- 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, 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. 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](https://www.health.ny.gov/disease/communicable_diseases/covid/guidance/index.cfm)
  - For HCP with an exposure to COVID-19, 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](https://www1.nyc.gov/site/doh/coronavirus/pages/symptoms-and-what-to-do.cfm) 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](https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-prevention-control.html).
- **Fully vaccinated**; people are considered fully vaccinated against COVID-19 starting ≥2 weeks after receiving the second dose in a two-dose series (e.g., Pfizer-BioNTech or Moderna), or ≥2 weeks after they have received a single-dose vaccine (e.g., Johnson and Johnson /Janssen).

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| Overview of Quarantine, Isolation and Transmission-Based Precautions: Guidance for a Person with or Exposed to a Person With a Positive SARS-CoV-2 NAA or Antigen Test |
|---|---|---|
| **ISOLATION** | **What to do if a person has a positive diagnostic test for or symptoms of COVID-19** | **When to discontinue isolation or transmission-based precautions for people receiving medical care** |

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<table>
<thead>
<tr>
<th>Non-hospitalized people, including most essential workers; see NYC Health Department <a href="#">website</a> for additional guidance (Does not apply to HCP)</th>
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<tbody>
<tr>
<td><strong>Symptomatic</strong></td>
<td>Isolation at home or residence&lt;sup&gt;c&lt;/sup&gt;</td>
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<td><strong>Asymptomatic</strong></td>
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<tr>
<td><strong>Health care personnel</strong> (See <a href="#">NYS Guidance</a>; does not apply to people who work in a nursing home or adult care facility, or are severely immunocompromised; see below)</td>
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<td><strong>Hospitalized people</strong></td>
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<td><strong>Symptomatic</strong></td>
<td>Isolation and transmission-based precautions</td>
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<td><strong>Asymptomatic</strong></td>
<td>Isolation and transmission-based precautions</td>
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<tr>
<td><strong>Being discharged to nursing home</strong></td>
<td>NYSDOH <a href="#">Executive Order No. 202.30</a> requires that, in addition to at least 14 days isolation,&lt;sup&gt;e&lt;/sup&gt; 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>
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<td><strong>Immunocompromised people in any setting</strong></td>
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<td><strong>Low-level immunosuppression&lt;sup&gt;g&lt;/sup&gt;</strong></td>
<td>Isolation, or transmission-based precautions for those receiving medical care</td>
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<td><strong>Severely immunocompromised&lt;sup&gt;i&lt;/sup&gt;</strong></td>
<td>Isolation, or transmission-based precautions for those receiving medical care</td>
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<td><strong>Residents of long-term care and other congregate living facilities with at risk populations&lt;sup&gt;j&lt;/sup&gt;</strong> (see <a href="#">NYSDOH Health Advisory</a> for additional guidance)</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)

| Symptomatic | Isolation at home or residence<sup>c</sup> | At least 14 days for nursing home and 10 days for adult care facilities after symptom onset AND a negative diagnostic test<sup>k</sup> |
| Asymptomatic | Isolation at home or residence<sup>c</sup> | 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<sup>k</sup> |

## QUARANTINE

| What to do if a person had close contact<sup>i</sup> with a person diagnosed with COVID-19 or *spent more than 24 hours in a travel-restricted state* | When to discontinue quarantine |

### A person in quarantine due to close contact<sup>i</sup> 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. | Not applicable |
| No symptoms | Quarantine at home or residence.<sup>c</sup> Some *exceptions apply to allow some essential workers* deemed critical by their employer to continue to work while under quarantine.<sup>m</sup> If the person has a positive diagnostic test | Discontinue quarantine 10 days after last exposure to confirmed COVID-19 case while the case was contagious.<sup>n</sup> Congregate settings can, at their discretion or at the direction of NYC or NYS oversight agencies, continue to have residents adhere |
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 in the last three months or who tested positive for COVID-19 in the preceding 3 months do not have to quarantine, but must continue to adhere to NYS guidance regarding additional precautions. This exception does not apply to inpatients and residents in health care settings.

<table>
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<tr>
<th>Quarantine and exclusion of HCP with an exposure at work to a person with a positive COVID-19 diagnostic test (see NYS Advisory for more information)</th>
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<tbody>
<tr>
<td><strong>Has symptoms</strong></td>
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<td><strong>No symptoms</strong></td>
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<td>Has symptoms</td>
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<td>No Symptoms</td>
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continue to adhere to NYS guidance regarding precautions \(^c\) and their employers guidance regarding precautions and testing.

### Notes

\(^a\) If someone 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.

\(^b\) 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.
- **NYS** describes a test-based strategy as an 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. CDC does not generally recommend a **test-based strategy** but recognizes some circumstances in which such a strategy may be considered, including discontinuing precautions earlier than would be possible if the symptom-based strategy were used, or for severely immunocompromised patients for whom concern of infectiousness beyond 20 days exists, in consultation with infectious diseases experts.

\(^f\) 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 those who are dialysis-dependent.

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.

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 NYS DOH 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.

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.

° 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:

• The general public with exposure to COVID-19 or following domestic travel must:
  ▪ 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
  ▪ 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.

• HCP with an exposure to COVID-19 who work in a hospital or healthcare facility other than a nursing home or adult care facility must:
  ▪ Participate in diagnostic COVID-19 testing between five to seven days after current COVID-19 exposure, or as soon as possible if exposure is not discovered until Day 7 or later;
  ▪ Assign to lower-risk patients when possible.

• Comply with symptom monitoring and nonpharmaceutical interventions through day 14. HCP with an exposure to COVID-19 who work in a nursing home or adult care facility must also:
  ▪ Participate in diagnostic COVID-19 testing twice per week or as determined by the Commissioner of Health in accordance with EO 202.88;
  ▪ Be assigned to areas in which they will only have contact with vaccinated residents (except for HCP working in pediatric facilities and units).
  ▪ 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; 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 who did not achieve full vaccination in the last three months and work 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:
  - Has a negative diagnostic COVID-19 test following exposure and every two to three days thereafter until Day 10 after exposure;
  - Self-monitors for symptoms and fever through Day 14; and
  - 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 who did not achieve full vaccination within the last three months or diagnosed with COVID-19 in the preceding three months, or who arrive 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 for more information, and consult your employer. ‡ As described by NYS DOH, current CDC guidance requires air passengers traveling to the U.S. from another country show either documentation of having recovered from COVID-19 within the previous three months or a negative test result from no more than three days prior to day of travel before boarding the flight. This applies to both U.S. residents and visitors from other countries. (Documentation of vaccination status or antibody test results will not be accepted as proof of COVID status prior to boarding, per CDC guidance.) After arrival in the U.S., travelers must either quarantine for seven days with a test three to five days after travel, or quarantine for the full 10 days without a test. This requirement applies to all international travelers whether they were tested before boarding, are recovered from a previous COVID infection, or are fully vaccinated.

The NYC Health Department may change recommendations as the situation evolves. 3.26.21