NEW YORK STATE OF OPPORTUNITY. Department of Health

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To: Local Health Departments, School Districts, Congregate Care Settings, Healthcare Providers

***NEW REVISED* Isolation & Quarantine Guidance**

**Please distribute immediately to:**
Communicable Disease Control, Commissioner or Public Health Director, School District Administrators, School Nurses, Congregate Care Setting Directors

**Background**
New York State continues to experience COVID-19 cases and hospitalizations (New York State COVID-19 data).

This guidance supersedes previous isolation and quarantine guidance. An exception related to quarantine and isolation was added for children's attendance at childcare and early childhood education settings and language related to boosters and being "up to date" has been updated.

**New York State Approach to COVID-19 Quarantine**

Who does **Not** Have to Quarantine After Close Contact with Someone With COVID-19?

- Anyone who is up to date on their COVID-19 vaccinations:
  - Anyone ages 5 or older and who has received all CDC recommended COVID-19 vaccine doses, including booster(s) if eligible and additional primary shots for some immunocompromised people.

  For more information, please see current CDC definition of "up to date".
- Anyone who has had confirmed COVID-19 within the last 90 days (tested positive using a viral test, e.g. antigen or PCR).

What To Do if Not Subject to Quarantine:

- Wear a well-fitting mask around others for 10 days from the date of last close contact with someone with COVID-19 (the date of last close contact is considered day 0).
- Get tested at least 5 days after the date of last close contact with someone with COVID-19. If test is positive or COVID-19 symptoms develop, isolate from other people and follow recommendations in the **Isolation section** of this guidance document.
- Anyone who had COVID-19 within the last 90 days and has since recovered and remained symptom free, does not need to get tested after close contact with someone with COVID-19.
- If an exposed person who does not have to quarantine cannot separate from one or more individuals with COVID-19 who are in isolation (e.g., because the exposed person

lives in the same household with a sick individual who needs care), then the exposed person will have ongoing exposure until the infected person is no longer contagious. See detailed testing and mask recommendations in the "Ongoing COVID-19 Exposure FAQs" section of CDC's quarantine and isolation page.

- If an exposed person who does not have to quarantine travels during the 10 days after last close contact, the person should wear a well-fitting mask when around others for the entire duration of travel during the 10 days. Anyone unable to wear a mask should not travel during the 10 days. Travelers should get tested at least 5 days after the date of the last close contact, receive a negative test result before travel or further travel, and be symptom free.

Who **Must** Quarantine After Close Contact With Someone With COVID-19?

- Anyone who is **not** up to date on their COVID-19 vaccinations.
    - Anyone who is not vaccinated or has not completed a primary vaccine series.
        - See exceptions for school and childcare below.
    - Anyone ages 5 or older who has completed the primary series of recommended vaccine, and is eligible for a CDC recommended booster shot (1st or 2nd), but has not received it.
        - See exceptions for school and childcare below.

How to Quarantine

- Stay home and away from other people for at least 5 days (day 0 through day 5) after the date of the last contact with a person who has COVID-19. The date of contact (exposure) is considered day 0.
- Wear a well-fitting mask when around others at home, if possible.
- For 10 days after the date of the last close contact with someone with COVID-19, watch for fever (100.4◦F or greater), cough, shortness of breath, or other COVID-19 symptoms.
- If symptoms develop, get tested immediately and isolate until test results arrive. If test result is positive, follow recommendations in the **Isolation section** of this guidance document.
- If symptoms do not develop, get tested at least 5 days after the date of last close contact with someone with COVID-19.
    - If test results are negative, quarantine can end, but continue to wear a well-fitting mask when around others at home and in public until 10 days after the date of the last close contact with someone with COVID-19.
    - If test results are positive, isolate for at least 5 days from the date of the positive test (date of test, not date results received).
    - Quarantined individuals should make every effort to get tested at least 5 days after exposure, even if asymptomatic. If it is not possible to get a test 5 days after the last close contact with someone with COVID-19, quarantine can end after day 5 **if there have been NO COVID-19 symptoms** throughout the 5-day period. Continue to wear a well-fitting mask when around others at home and in public until 10 days after the date of the last close contact with someone with COVID-19.
    - Avoid people who are immunocompromised or at high risk for severe disease, and nursing homes and other high-risk settings, until after at least 10 days.
- If possible, stay away from people in the home, especially people who are at higher risk for getting very sick from COVID-19, as well as others outside the home throughout the full 10 days after the date of the last close contact with someone with COVID-19.

- If a quarantined person cannot separate from one or more individuals with COVID-19 who are in isolation (e.g., because the quarantined person lives in the same household with a sick individual who needs care), then the quarantined person will have ongoing exposure until the infected person is no longer contagious. In this situation, quarantine for the uninfected person continues throughout the isolation period of the individual(s) with COVID-19 and 5 days beyond the last day the infected individual(s) are on isolation. See detailed recommendations in the "Ongoing COVID-19 Exposure FAQs" section of CDC's quarantine and isolation page.
- All children under the age of 2 years, who are not recommended to wear masks, as well as others who cannot wear a well-fitting mask for any reason, should continue to quarantine for 10 days. See school guidance and school FAQs for additional information for schools, and see exception below for childcare and early childhood education settings. During this time, avoid people who are immunocompromised or at high risk for severe disease, or living in nursing homes and other high-risk settings.
- Do not travel during the 5-day quarantine period. Before resuming travel, get tested at least 5 days after the date of the last close contact with someone with COVID-19, receive a negative test result, and be symptom free for all 5 days of quarantine. If it is not possible to get a test, delay travel until 10 days after the date of the last close contact with a person with COVID-19. It is best to avoid travel for 10 days after last date of close contact. If travel must occur before the 10 days are completed, continue to wear a well-fitting mask when around others for the entire duration of travel during the 10 days. Anyone unable to wear a mask should not travel during the 10 days.
- Do not go to places where activities prevent mask-wearing, such as restaurants, and avoid eating around others at home and at work until after 10 days after the date of the last close contact with someone with COVID-19.

After Quarantine

- Watch for symptoms until 10 days after the date of the last close contact with someone with COVID-19.
- If symptoms develop, isolate immediately and get tested.

**Quarantine Exception for Schools and Child Care Programs (K-12)**

- Exposed or potentially exposed (e.g. in a classroom with an infected individual for at least 15 minutes) students, teachers, and staff who must quarantine because they are not up to date with their COVID-19 vaccines (i.e., are unvaccinated, partially vaccinated, or are eligible for a booster(s) but have not received them) can attend or work at school, school-based extracurricular activities, and eligible childcare programs for school-age children (see definition below) during the quarantine period if they undergo recommended testing. However, these individuals must continue to quarantine as otherwise required outside of school.
- Eligible childcare programs for school age children (typically programs such as early drop-off, late-stay, and after-care) include school-administered childcare programs and programs licensed or permitted by OCFS to care for school age children. Programs licensed or permitted by OCFS might have additional requirements.
- The above exceptions to quarantine for school and childcare attendance also apply to pre-K classes when located in schools with older grades, but not to other early childhood care/early childhood education settings.

**Quarantine Exception for Children in Childcare and Early Childhood Education Settings**

- Exposed or potentially exposed (e.g., in a room with an infected individual for at least 15 minutes) children and staff who must quarantine because they are not up to date with their COVID-19 vaccines (i.e., are ineligible for vaccine, unvaccinated even if eligible, partially vaccinated, or are eligible for a booster(s) but have not received them) can attend or work at childcare and early childhood education settings following the protocols below. However, these individuals must continue to quarantine as otherwise required outside of this setting.
- Children under quarantine can return to childcare and early childhood education settings on Day 6 after last exposure to an infected individual if completely asymptomatic. Testing (e.g., on or about day 5) is not required but is recommended; individuals with a positive test should isolate. Masks should be worn from Days 6-10 for children under quarantine age 2 and older who are capable of consistently and correctly wearing a mask.
- Staff under quarantine can return to work following the "How to Quarantine" guidance above. Masks should be worn from Days 6-10.
- Consult with the childcare facility or the Office of Children and Family Services (OCFS) for any additional requirements.

**New York State Approach to COVID-19 Isolation**

Isolation is used to separate people with confirmed or suspected COVID-19 from those without COVID-19.

Who Has to Isolate?

People who are confirmed to have COVID-19 or are showing symptoms of COVID-19 need to isolate regardless of their vaccination status. This includes:

- People who have a positive viral test (e.g. antigen or PCR) for COVID-19, regardless of whether or not they have symptoms.
- People with symptoms of COVID-19, including people who are awaiting test results or have not been tested. People with symptoms should isolate even if they do not know if they have been in close contact with someone with COVID-19.

How to Isolate

- Stay home, in a separate room from other household members if possible, for at least 5 full days (day 0 is the first day of symptoms or the date of the day of the positive test for asymptomatic persons).
- Use a separate bathroom if available.
- Wear a well-fitting mask when it is not possible to be separate from others in the home.
- Monitor your symptoms. If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately.
- Take steps to improve ventilation at home, if possible.
- Avoid contact with other members of the household and pets.
- Don't share personal household items, like cups, towels, and utensils.

Ending Isolation

*For people who had symptoms but were not hospitalized for COVID-19*

- Isolation ends after 5 full days if the individual is fever-free for 24 hours without the use of fever-reducing medication and other symptoms have improved (Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation).
- Continue to wear a well-fitting mask around others at home and in public for 5 additional days (day 6 through day 10) after the end of the 5-day isolation period.
- All children under the age of 2 years, who are not recommended to wear masks, as well as others who cannot wear a well-fitting mask for any reason, must isolate for a full 10 days. See school guidance and school FAQs for additional information for schools, and see exception below for childcare and early childhood education settings. Avoid people who are immunocompromised or at high risk for severe disease, and nursing homes and other high-risk settings, until after at least 10 days.
- If fever continues or other symptoms have not improved after 5 days of isolation, continue to isolate until there is no fever for 24 hours without the use of fever-reducing medication and other symptoms have improved. Continue to wear a well-fitting mask when around others in the home. Consider contacting a healthcare provider.
- Do not travel during the 10 days after the first day of symptoms.
- Do not go to places where wear a mask cannot be worn, such as restaurants, and avoid eating around others at home and at work during the 10 days after the first day of symptoms.

Testing to end isolation is not required. If an individual has access to a test and wants to test, the best approach is to use an antigen test towards the end of the 5-day isolation period if fever-free for 24 hours without the use of fever-reducing medication and other symptoms have improved (loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation). If test result is positive, continue to isolate until day 10. If test result is negative, isolation can end, but continue to wear a well-fitting mask around others at home and in public until day 10. Follow additional recommendations for masking and restricting travel as described above.

*For people who did not have symptoms*

- Isolate for at least 5 days. Day 0 is the day of the positive test and day 1 is the first full day after the specimen was collected for your positive test.
- Isolation ends after 5 full days if no symptoms develop.
- Continue to wear a well-fitting mask around others at home and in public until day 10 (day 6 through day 10).
- All children under the age of 2 years, who are not recommended to wear masks, as well as others who cannot wear a well-fitting mask for any reason, must isolate for a full 10 days. See school guidance and school FAQs for additional information for schools, and see exception below for childcare and early childhood education settings. Avoid people who are immunocompromised or at high risk for severe disease, and nursing homes and other high-risk settings, until after at least 10 days.
- If symptoms develop after testing positive, the **5-day isolation period should start over.** Day 0 is the first day of symptoms. **Follow the recommendations above for ending isolation for people who had COVID-19 and had symptoms.**
- Do not travel during the 10 days after the positive test.
- Do not go to places where activities prevent mask-wear, such as restaurants, and avoid eating around others at home and at work during the 10 days after the positive test.

Testing to end isolation is not required. If an individual has access to a test and wants to test, the best approach is to use an antigen test towards the end of the 5-day isolation period. If test result is positive, continue to isolate until day 10. If test result is negative, isolation can end, but

continue to wear a well-fitting mask around others at home and in public until day 10. Follow additional recommendations for masking and restricting travel as described above.

*For people who are hospitalized for COVID-19 or are immunocompromised*
People who are hospitalized for COVID-19 and people with compromised immune systems might need to isolate longer. They may also require testing with a viral test (e.g. antigen or PCR) to determine when they can be around others. CDC recommends an isolation period of at least 10 and up to 20 days for people who were severely ill with COVID-19 and for people with weakened immune systems. Consult with a healthcare provider about ending isolation.

People who are immunocompromised should talk to their healthcare provider about the potential for reduced immune responses to COVID-19 vaccines and the need to continue to follow current prevention measures (including wearing a well-fitting mask, staying 6 feet apart from others they don't live with, and avoiding crowds and poorly ventilated indoor spaces) to protect themselves against COVID-19 until advised otherwise by their healthcare provider. Close contacts of immunocompromised people – including household members – should also be encouraged to receive all recommended COVID-19 vaccine doses to help protect these people.

**Isolation Exception for Children in Childcare and Early Childhood Education Settings**

- Children or staff testing positive (e.g., infected) in childcare and early childhood education settings must isolate as described above with the following exceptions. However, these individuals must continue to isolate as otherwise required outside of this setting.
- Children under isolation can return to childcare and early childhood education settings on Day 6 if they have been fever-free for at least 24 hours without the use of fever-reducing medication and other symptoms (if any) are improving. Testing (e.g., on or about day 5) is not required but is recommended; individuals with a positive test should continue to isolate through day 10. Masks should be worn from Days 6-10 for children age 2 and above who are capable of consistently and correctly wearing a mask.
- Staff under isolation can return to work following the "How to Isolate" guidance above. Masks should be worn from Days 6-10.
- Consult with the childcare facility or the Office of Children and Family Services (OCFS) for any additional requirements.

**Quarantine and Isolation for Congregate Settings and Special Populations**

Correctional Facilities, Adult Care Facilities, Group Homes, Other Congregate Settings
CDC's recommendations for shortened quarantine and isolation **does not** apply to correctional facilities, detention facilities, homeless shelters, and cruise ships. Those settings, as well as other congregate settings with high-risk individuals or at high risk for transmission, should continue to follow previous guidance for a 10-day quarantine or isolation for residents/clients. Other congregate settings that should continue to implement 10-day quarantine or isolation for residents/clients include adult care facilities, OPWDD facilities, and some OMH facilities, depending on ability of residents/clients in the OMH facilities to wear a mask, socially distance, and follow other mitigation measures.

While staff in these same facilities can isolate or quarantine for 5 days according to the guidance in this document, they should furlough (not work) for 10-days following infection or exposure due to the high-risk population served in these facilities. If staffing shortages

jeopardize the safe provision of services or resident health and safety, facilities may implement a 5-day duration of furlough to the extent necessary.

Nursing Homes

Nursing homes should continue to follow all relevant CMS and CDC guidance for isolation and quarantine of residents and work furlough of staff.

NEW YORK STATE | Department of Health

# People with Known Exposure to COVID-19 Who Do Not Have Symptoms[1]

"Quarantine"

| | Under Age 2 years or unable to wear a well-fitting mask | Age 2 – 4 years | Age 5 years - Adult | | | | All Ages |
|---|---|---|---|---|---|---|---|
| | | | **Up-to-Date**<br><br>**Fully Vaccinated and Boosted with recommended booster(s)** | **Up-to-Date**<br><br>**Fully Vaccinated, not yet eligible for 1st booster or received 1st booster and not yet eligible for 2nd booster if recommended** | **Fully Vaccinated, eligible for 1st or 2nd recommended booster but not yet boosted** | **Not yet Fully Vaccinated** | **Tested positive for COVID-19 within the past 3 months** (regardless of vaccination status) |
| **Quarantine, Duration** | Yes, 10 days (masks not recommended for children under age 2) | Yes, 5 days | No | No | Yes, 5 days | Yes, 5 days | No |
| **Attend/ work at school and eligible childcare programs, (includes transportation)** | Yes, on days 6-10 if completely asymptomatic and negative test if feasible | Yes, if undergoing recommended testing, or (for childcare/early childhood education settings) on days 6-10 if completely asymptomatic and negative test if feasible.[2] | Yes | Yes | Yes, if undergoing recommended testing. | Yes, if undergoing recommended testing. | Yes |
| **Testing** | Test on whichever comes first: at least 5 days after last exposure (testing recommended but optional if unable to test) or if Symptoms develop<br>If positive, isolate for at least 5 days from symptom onset or (if no symptoms) date test was collected | | | | | | No test needed. Test if Symptoms develop. |

1. See specific guidance for individuals in congregate settings and for furlough for healthcare workers.
2. See exceptions in guidance for K-12 schools and childcare programs (including pre-K) and for children in childcare and early childhood education settings.

NEW YORK STATE | Department of Health

## Isolation for the General Public[3]

"Isolation" is for people who have a positive COVID-19 test or who have symptoms and are waiting for the results of a COVID-19 test.

Isolation is the same for everyone, regardless of whether they are unvaccinated, vaccinated, or boosted.

| | Symptoms, Waiting for Test Result | No Symptoms, Positive Test | Symptoms, Positive Test | Hospitalized for COVID-19 or Immunocompromised |
|---|---|---|---|---|
| **Duration of Isolation** | Until test result is received or 5 days, whichever is first.<br><br>If test result is negative, isolation can end.<br><br>If test result is positive, see "Symptoms, Positive Test" column. | 5 days (day 0 is the day the test was collected; isolation ends after day 5).<br><br>10 days if unable to wear a well-fitting mask; except children can attend childcare/early childhood education after day 5.<br><br>If symptoms develop after testing positive, start 5-day count again with day 0 being the day symptoms started. | Minimum of 5 days (day 0 is the day symptoms start; isolation ends after day 5).<br>and<br>when fever-free for 24 hours without fever-reducing medication<br>and<br>symptoms have improved<br><br>10 days if unable to wear a well-fitting mask; except children can attend childcare/early childhood education after day 5 if they meet symptom criteria above. | 10 - 20 days, consult healthcare provider |
| **Antigen Test Timing at the End of Isolation** | N/A | Optional. If testing is done, it should be on at least day 5 of isolation.<br><br>If positive, isolate through day 10. If negative, isolation can end but continue to wear a mask through day 10. | Optional. If testing is done, it should be on at least day 5 of isolation (when fever free for 24 hours and symptoms have improved).<br><br>If positive, isolate through day 10. If negative, isolation can end but continue to wear a mask through day 10. | Consult healthcare provider |

3. See specific guidance for individuals in congregate settings and for furlough for healthcare workers.