



**CENTER FOR DISEASE PREVENTION & CONTROL**

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**Public Health**  
Prevent. Promote. Protect.

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Director, TB & Communicable Disease

**ROCKLAND COUNTY**

**COVID 19 Quarantine and Isolation Duration Guidelines**

- A. For Exposures (Those who were within 6 feet of a confirmed case for  $\geq 15$  min<sup>†</sup>)**
- Unvaccinated OR Incompletely vaccinated individuals - Quarantine at home **for at least 10 days,\*** possibly longer if symptoms develop or test positive (see case isolation below). At the end of quarantine must continue to wear mask indoors for 4 more days. **A negative COVID test does not change or shorten the quarantine and masking requirements.**
  - Vaccinated individual, Asymptomatic - No quarantine necessary. However, must wear a mask indoors for 14 days. Should test in 3-5 days.
    - Test result Positive- refer to case isolation below
    - Test result Negative— **continue to wear mask in indoor settings for 14 days as above.**
  - Vaccinated individual, Symptomatic - facilitate testing with PCR test. Consider as positive and isolate pending results.
    - Test Result Positive - refer to case isolation below
    - Test Result negative - no home quarantine but mask indoors for 14 days (this is or the low chance of false negative result). If suspicion remains high, consider retesting.
- B. For Cases (Test positive)**
- SYMPTOM BASED STRATEGY - Isolated at least 10 days after symptom onset, provided that symptoms are improving and patient is fever free without medication x 24 hours.
  - **Rockland County DOES NOT recommend Test based strategy (TBS) to shorten duration of isolation.** TBS should only be used for hospitalized patients with prolonged symptom resolution or in those who are immunocompromised who may have prolonged shedding of the virus. For those patients, employ 2 negative results of PCR test 24 hrs apart, an afebrile period of 24 hours without medication, and a minimum of 10 days isolation from symptom of onset to decide on discontinuing isolation.

**\*Note: CDC recommends that EXPOSED/QUARANTINED cases may discontinue quarantine after 7 days if patient tested negative after day 5, New York State and Rockland County DO NOT FOLLOW THIS RECOMMENDATION.**

<sup>†</sup> in the P-12 indoor classroom setting **students** who were within 3-6 feet of an infected student where both students were engaged in consistent & correct use of well-fitting masks are not considered close contacts. This exception does not apply to teachers, staff, or other adults in the indoor classroom setting.

*cptk* 9/9/21