

COVID-19 Guidelines: What To Do

If You Test Positive

Everyone Regardless of Vaccination or Booster Status

- **Isolate for 5 days**, where day 0 is the day of symptom onset or (if asymptomatic) the day of collection of the first positive specimen.
- If asymptomatic at the end of 5 days or if symptoms are resolving, isolation ends and the individual should wear a well-fitting mask while around others for an additional 5 days.
- Individuals who are moderately-severely immunocompromised should continue to follow standard (i.e., not shortened) Isolation Guidance.
- Individuals who are unable to wear a well-fitting mask for 5 days after a 5-day isolation should also follow standard (i.e., not shortened) Isolation Guidance.

If You Were Exposed to Someone with COVID-19

AND

- Have been boosted for 2 weeks, or
- Completed the Pfizer or Moderna vaccine series within the last 6 months, or
- Completed the J&J vaccine series within the last 2 months.

Then You Should:

- Wear a well-fitting mask while around others for 10 days after the last date of exposure (no quarantine is required).
- If possible, test at day 5 with either a nucleic acid amplification test (NAAT, e.g., PCR) or antigen test.
- If symptoms appear, quarantine and seek testing. In this situation, quarantine would end when the test is negative. If testing is not done, isolate according to the guidance above

BUT

- Are not vaccinated, or
- Completed the Pfizer or Moderna vaccine series more than 6 months ago and are not boosted, or
- Completed the J&J vaccine series more than 2 months ago and are not boosted.

Then You Should:

- **Quarantine for 5 days** and wear a well-fitting mask while around others for an additional 5 days.
- If possible, test at day 5 with either a nucleic acid amplification test (NAAT, e.g., PCR) or antigen test.
- If symptoms appear, quarantine and seek testing. In this situation, quarantine would end when the test is negative. If testing is not done, isolate according to the guidance above.



Effective: January 4, 2022

Sources: NYS Department of Health, CDC and Rhode Island Hospitality Association

COVID-19: Quarantine vs. Isolation

Quarantine

What is Quarantine?

- Quarantine is a strategy to prevent the transmission of COVID-19.
- Quarantine means you STAY HOME and watch for fever and other symptoms.

You Should Quarantine If:

- You have been exposed to COVID-19.

Isolation

What is Isolation?

- Isolation is a strategy used to separate people who have tested positive for COVID-19 from those that have not tested positive.
- Isolation means you STAY HOME and separate from others in your home (if you can). This means:
 - Stay in a separate room.
 - Use a separate bathroom, if possible.
 - Avoid contact with other household members and pets.
 - DO NOT share any personal items (cups, towels, utensils, etc).
 - Always wear a mask when around others.

You Should Isolate If:

- You have tested positive for COVID-19.



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Sources: NYS Department of Health, CDC and Rhode Island Hospitality Association