

UCSF HEALTH: QUARANTINE GUIDANCE FOR PATIENTS (INPATIENTS & OUTPATIENTS)

- **Quarantine** is what you do when you have had close contact with someone with COVID-19 and might be infected.
- **Isolation** is what you do when you have been infected with COVID-19. For guidance isolation for COVID-19 infected patients, refer to this [guidance](#).
- The standards for quarantine (and isolation) in the hospital are different than in the community setting.

OUTPATIENTS

Outpatients Non-Urgent Return to Clinic After [EXPOSURE \(Quarantine\)](#)

Patient asymptomatic ¹	Duration patient requires Novel Respiratory Isolation for visits unless exposure was due to a COVID infected healthcare worker ²		Testing recommendation ⁴	Symptom status
Discrete exposure (e.g., due to an exposure to a COVID+ visitor or household member)	Additional COVID testing not completed	Additional COVID testing completed as recommended ³	Testing ⁴ is <i>strongly recommended</i> at least 5 days after last exposure and is <i>required</i> to end isolation between days 8- 10 after exposure.	Must remain asymptomatic to end isolation ¹
	Yes, for 10 days from last contact with the COVID+ person. Last exposure date = Day 0	Yes, for 7 days² from the last contact with the COVID+ person assuming the test(s) was collected at least 5 days after the last exposure and is negative. Last exposure date = Day 0		
Ongoing exposure (e.g. exposed to COVID+ household member and unable to adequately separate from the infectious person)	Yes – starting from symptom onset (or positive test date if asymptomatic) of the first COVID positive household contact and through 10 days from the when the last household member ended isolation. Day 0 is date of onset of household contacts symptoms (if applicable 10-day isolation period) + 10 days of additional quarantine after last day of exposure = total of minimum 20 days). If follow-up COVID testing is obtained on the exposed person, then the exposure period = total of minimum 17 days.	Yes – starting from symptom onset (or positive test date if asymptomatic) of the first COVID positive household contact and through 7 days² from the when the last household member ended isolation.		

INPATIENTS

Inpatient Criteria to Discontinue Novel Respiratory Isolation (NRI) After [EXPOSURE \(Quarantine\)](#)

Patient asymptomatic ¹	Duration patient requires Novel Respiratory Isolation unless exposure was due to a COVID infected healthcare worker ²	Testing recommendation	Symptom status
Exposed	Yes, 7 days³ from the last contact with the COVID+ person (Last exposure date = Day 0). If follow-up testing is not completed as recommended, then 10 days³ from the last exposure with the COVID+ person.	Obtain a COVID PCR on Day 3-5 and on Day 6-7 after exposure. The Day 6-7 test must be negative before ending isolation.	Must remain asymptomatic to end isolation ¹

1. These quarantine guidelines apply to patients that are asymptomatic. If the patient develops COVID-19 related symptoms, place the patient on Novel Respiratory Isolation if they are not isolated already, and obtain COVID-19 testing.
2. Patients who are exposed to a COVID-19-positive UCSF Health employee do not need to be placed on Novel Respiratory Isolation during the quarantine period. All other COVID-19 exposed patients should be placed on Novel Respiratory Isolation.
3. Earliest release would be the day after required time in isolation (Day 11 or if follow-up COVID testing was obtained then Day 8)
4. COVID testing options include either one nucleic amplification test (e.g., PCR or Abbott ID Now rapid isothermal NAAT) or two home or healthcare worker-collected COVID-19 antigen tests at least 24 hours apart. Tests must be obtained at least 5 days after the last exposure (i.e., Day 6 or later). Pediatric patients <10 years of age are not eligible for home collected antigen-based test clearance.