

## UCSF HEALTH: QUARANTINE GUIDANCE FOR PATIENTS (INPATIENTS &amp; 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 <sup>1</sup>	Duration patient requires Novel Respiratory Isolation for visits unless exposure was due to a COVID infected healthcare worker <sup>2</sup>		Testing recommendation <sup>4</sup>	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 <sup>3</sup>	Testing <sup>4</sup> 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 <sup>1</sup>
	Yes, for <b>10 days</b> from last contact with the COVID+ person.  Last exposure date = Day 0	Yes, <b>for 7 days<sup>2</sup></b> 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 <b>10 days from the when the last household member ended isolation.</b>	Yes – starting from symptom onset (or positive test date if asymptomatic) of the first COVID positive household contact and through <b>7 days<sup>2</sup> from the when the last household member ended isolation.</b>		
	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.			

## INPATIENTS

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

Patient asymptomatic <sup>1</sup>	Duration patient requires Novel Respiratory Isolation unless exposure was due to a COVID infected healthcare worker <sup>2</sup>	Testing recommendation	Symptom status
Exposed	Yes, <b>7 days<sup>3</sup></b> from the last contact with the COVID+ person (Last exposure date = Day 0). If follow-up testing is not completed as recommended, <b>then 10 days<sup>3</sup></b> 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 <sup>1</sup>

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.