

UCSF HEALTH: ISOLATION AND QUARANTINE GUIDANCE FOR PATIENTS (INPATIENTS AND 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.
- The standards for quarantine and isolation in the hospital are different than in the [community setting](#).

OUTPATIENT NON-URGENT PATIENT CARE

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

-NOTE: most recent exposure date = Day 0

-REMINDER: Any patients with urgent clinical needs can be seen at any location with COVID precautions (Novel Respiratory Isolation (NRI)= gown, gloves, N95/face shield or PAPR). The below applies to those visits that can be postponed without health consequences.

| | Requires Novel Respiratory Isolation? | Proof of Follow Up Test Required? | Symptom Status for Return to Clinic | Other Criteria |
|---|--|--|-------------------------------------|--|
| Discrete exposure (e.g., due to an exposure to a COVID+ healthcare worker), regardless of vaccination status Asymptomatic | Yes - 10 days* from last contact with the COVID+ person (Note: most recent exposure date = Day 0) | COVID-19 PCR is not required to end quarantine but: 1) Testing is <i>strongly recommended</i> at Day 5 after exposure Exception: For select severely immunocompromised patients, recommend another test on Day 8-10 | Must remain asymptomatic | Patient must mask unless medically contraindicated or age <2 years |
| Exposed to COVID+ Household Contact and unable to adequately separate from the infectious person Asymptomatic | 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 (e.g., Day 0 is date of onset of household contact’s symptoms (use a 10-day isolation period) + 10 days of additional quarantine after last day of exposure = total of 20 days)* | | | |

* Earliest release would be the day after required time in isolation (Day 11)

Outpatients Non-Urgent Return to Clinic After [COVID-19 INFECTION \(Isolation\)](#)

NOTE: symptom onset date = Day 0, if asymptomatic, date test collected = Day 0

-REMINDER: Any patients with urgent clinical needs can be seen at any location with COVID precautions (Novel Respiratory Isolation = gown, gloves, N95, face shield). The below applies to those visits that can be postponed without health consequences.

| | Isolate on Novel Respiratory Isolation? ¹ | Proof of Follow Up Test Required by Clinic? | Symptoms Status for Return to Clinic | Other Criteria |
|---|---|---|--------------------------------------|------------------------------------|
| COVID+ Patient is Immunocompetent and did not have moderate/severe COVID-19 | Yes, at least 10 days* from symptom onset or test onset if no symptoms | No follow up test required. ² | 24 hours of improving symptoms and | Patient must mask unless medically |

| | | | | |
|---|---|---|-------------------------------|---------------------------------|
| COVID+ Patient is Immunocompromised and/or had moderate/severe COVID-19 | Yes, at least 20 days* from symptom onset or test onset if no symptoms. Select severely immunocompromised patients require repeat COVID-19 testing before discontinuing isolation. | No test required if coming to clinic after Day 20, except for select severely immunocompromised patients ¹ | no fever without antipyretics | contraindicated or age <2 years |
|---|---|---|-------------------------------|---------------------------------|

¹ See [Discontinuing Isolation for Patients with COVID-19](#) for more details

² Earliest release would be the day after required time in isolation. Requires submitting an HEIP Isolation Discontinuation consult order ("Consult to HEIP/IC for COVID Recovered Evaluation") to remove the COVID-19 Confirmed flag.

HOSPITALIZED PATIENTS

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

NOTE: most recent exposure date = Day 0

| | Requires Novel Respiratory Isolation?* | Follow Up Test Required? | Symptom Status for D/C Precautions | Other Criteria |
|-----------------------|--|--|------------------------------------|--|
| Exposed, Asymptomatic | Yes - 10 days* from the most recent contact with the COVID+ person (Note: last exposure date = Day 0) | Obtain a COVID PCR on Day 3-5 and on Day 8-10 after exposure. The Day 8-10 test must be negative before discontinuing isolation. | Must remain asymptomatic | Patient must mask unless medically contraindicated or age <2 years |

* Earliest release would be the day after required time in isolation (Day 11)

Inpatient Criteria to Discontinue Precautions After [COVID-19 INFECTION \(Isolation\)](#)

NOTE: symptom onset date = Day 0, if asymptomatic, date test collected = Day 0

| | Requires Novel Respiratory Isolation? ¹ | Follow Up Test Required? | Symptom Status for D/C Precautions | Other Criteria |
|---|---|---|--|--|
| COVID+ Patient is Immunocompetent and did not have moderate/severe COVID-19 | Yes, at least 10 days from symptom onset or positive test date if no symptoms | No follow up test required. ² | 24 hours of improving symptoms and no fever without antipyretics | Patient must mask unless medically contraindicated or age <2 years |
| COVID+ Patient is Immunocompromised and/or had moderate/ severe COVID-19 | Yes, at least 20 days from symptom onset or test onset if no symptoms. Select severely immunocompromised patients will repeat COVID-19 testing before discontinuing isolation. | No follow up test required if coming to clinic after Day 20, except for select severely immunocompromised patients | | |

¹ See [Discontinuing Isolation for Patients with COVID-19](#) for more details

² Earliest release would be the day after required time in isolation. Requires submitting an HEIP Isolation Discontinuation consult order ("Consult to HEIP/IC for COVID Recovered Evaluation") to remove the COVID-19 Confirmed flag.