

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 \(Quarantine\)](#)

Outpatients Non-Urgent Return to Clinic After Exit Course Quarantine				
Patient asymptomatic ¹	Duration of Novel Respiratory Isolation ²		Testing recommendation ³	Symptom status
Discrete exposure (e.g., due to an exposure to a COVID+ healthcare worker), regardless of vaccination status	Additional COVID testing not completed	Additional COVID testing completed as recommended ³	Testing ³ 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 contact 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.	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.		
	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 ¹	Requires Novel Respiratory Isolation ²	Testing recommendation	Symptom status
Exposed	Yes, 7 days² from the last contact with the COVID+ person (Last exposure date = Day 0). If follow-up testing is not completed as recommended, then 10 days² 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 discontinuing 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, obtain COVID-19 testing.
2. Earliest release would be the day after required time in isolation (Day 11 or if follow-up COVID testing was obtained as recommended then Day 8)
3. 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 under 10 years of age are not eligible for home collected antigen-based test clearance.