Isolation & Quarantine Guidance for People Staying or Working in Non-Healthcare Congregate Settings: (updated 2/2/2022)

Public Health
Seattle & King County

This guidance is for homeless shelters, transitional/permanent supportive housing, correctional facilities, and detention facilities.
This resource aims to communicate current guidance for when someone staying or working in non-healthcare congregate settings should isolate after testing positive for COVID-19 or quarantine after having close contact with someone with COVID-19.

How to use this guidance:

Ideally, people staying or working in congregate settings will isolate or quarantine for the CDC-recommended length of time indicated in **conventional** status in the following pages. However, during short-term periods of contingency or crisis-level operations, these settings may consider shortening isolation and/or quarantine periods for people working or staying in congregate settings.

- For example, during periods of critical staffing shortages, these workplaces may consider shortening the isolation or quarantine period for staff to ensure continuity of operations. Additionally, insufficient space for quarantine and isolation housing may prompt considerations to shorten the isolation or quarantine period for people staying at these settings.
- Isolation and quarantine length may be considered separately for staff and guests.
- Moving from conventional, to contingency, to crisis models should be gradual and only made when necessary based on the operator's assessment.

Definitions:

Up-to-date on COVID-19 vaccinations means a person has received all recommended COVID-19 vaccines, including any booster dose(s) when eligible. You are considered up-to-date when you have received your booster shot or received the second Pfizer or Moderna vaccine less than 5 months ago or one Johnson & Johnson vaccine less than 2 months ago. Children younger than 12 are considered up-to-date if they've had 2 doses of Pfizer.

NOT up-to-date: You are not considered up-to-date on COVID-19 vaccinations if you are unvaccinated, haven't received a second dose of Pfizer/Moderna, or haven't received a booster after getting second dose of Pfizer/Moderna at least 5 months ago or a Johnson & Johnson vaccine at least 2 months ago.

Isolation is recommended for those who have tested positive for COVID-19, or have symptoms of COVID-19 and are awaiting test results, to avoid spreading illness.

Quarantine is a strategy used to prevent transmission of COVID-19 by keeping people who have been in close contact with someone with COVID-19 apart from others. Quarantine becomes isolation if the person tests positive for COVID-19 or develops symptoms.

Calculating isolation and quarantine period:
For isolation:
- If you have symptoms, day 0 is your first day of symptoms. Day 1 is the first full day after your symptoms developed.
- If you have not had any symptoms, day 0 is your positive test date. Day 1 is the first full day after the specimen was collected for your positive test.
For quarantine:
- The date of your exposure to the person with COVID-19 during their contagious period is Day 0. Day 1 is the first full day after your last close contact with the person with COVID-19.

Sources: CDC Quarantine and Isolation (1/27/2022); DOH What to do if you test positive for COVID-19 (1/26/2022); DOH What to do if you were potentially exposed to someone with COVID-19 (1/26/2022)

Guidance for <u>STAFF</u> in Non–Healthcare Congregate Settings: Isolation and Quarantine

(updated 2/2/2022)

Public Health
Seattle & King County

ISOLATION: I work in a congregate setting, and I have <u>tested positive</u> for COVID-19. How long should I isolate?

Conventional^– Isolation

- **10 days*** after symptom onset (**10 days** after positive test date if asymptomatic); **AND**
- 24 hours fever-free, and other symptoms improving; **AND**
- Wear a <u>well-fitting mask</u> for 10 days when around others

Contingency– Isolation

- **5 days** after symptom onset (or **5 days** after positive test if asymptomatic); **AND**
- 24 hours fever-free, and other symptoms improving; **AND**
- Wear a <u>well-fitting mask</u> for 10 days; **AND**
- Negative rapid antigen test on day 5 (if testing available)

Crisis– Isolation

- **5 days** after symptom onset (or **5 days** after positive test if asymptomatic); **AND**
- 24 hours fever-free, and other symptoms improving; **AND**
- Wear a <u>well-fitting mask</u> for 10 days

^ People who are severely ill or have a weakened immune system should isolate for <u>at least</u> 10 days and up to 20 days.

QUARANTINE: I work in a congregate setting, and I have <u>been exposed</u> to someone who has tested positive for COVID-19. Do I need to quarantine, and for how long?

Conventional– Quarantine

- **10 days*** after last contact regardless of vaccination and booster status, or having recovered from a COVID-19 infection in the past 90 days; **AND**
- Continue symptom monitoring for 10 days (if symptoms develop, isolate and test); **AND**
- Wear a <u>well-fitting mask</u> for 10 days

Test at least 5 days after last contact with the person with COVID-19.

Contingency– Quarantine

Quarantine if not <u>up to date</u> on COVID-19 vaccinations:
- quarantine for **5 days** after last contact; **AND**
- wear a <u>well-fitting mask</u> for 10 days; **AND**
- continue symptom monitoring for 10 days

- **No quarantine** if <u>up to date</u> on COVID-19 vaccinations; **AND**
- continue symptom monitorying for 10 days after last contact; **AND**
- Wear a <u>well-fitting mask</u> for 10 days

Test at least 5 days after last contact with the person with COVID-19.

Crisis– Quarantine

- **No quarantine; AND**
- Continue symptom monitoring for 10 days (if symptoms develop, isolate and test); **AND**
- Wear a <u>well-fitting mask</u> for 10 days

Test at least 5 days after last contact with the person with COVID-19.

*People who work but do not live in these settings should not go to their workplace for 10 days. However, if they are able to wear a <u>well-fitting mask</u>, they may follow guidance for the general public for <u>isolation</u> and <u>quarantine</u> when they are outside of work.

Guidance for <u>GUESTS</u> in Non–Healthcare Congregate Settings: Isolation and Quarantine
(updated 2/2/2022)

Public Health
Seattle & King County

ISOLATION: I am staying in a congregate setting, and I have <u>tested positive</u> for COVID-19. How long should I isolate?

Conventional^– Isolation

- **10 days** after symptom onset (**10 days** after positive test date if asymptomatic); **AND**
- 24 hours fever-free, and other symptoms improving; **AND**
- Wear a <u>well-fitting mask</u> for 10 days

Contingency– Isolation

- **5 days** after symptom onset (or **5 days** after positive test if asymptomatic); **AND**
- 24 hours fever-free, and other symptoms improving; **AND**
- Wear a <u>well-fitting mask</u> for 10 days; **AND**
- Negative rapid antigen test on day 5 (if testing available)

Crisis– Isolation

- **5 days** after symptom onset (or **5 days** after positive test if asymptomatic); **AND**
- 24 hours fever-free, and other symptoms improving; **AND**
- Wear a <u>well-fitting mask</u> for 10 days

^ People who are severely ill or have a weakened immune system should isolate for <u>at least</u> 10 days and up to 20 days.

QUARANTINE: I am staying in a congregate setting, and I have <u>been exposed</u> to someone who has tested positive for COVID-19. Do I need to quarantine, and for how long?

Conventional– Quarantine

- **10 days** after last contact regardless of vaccination and booster status, or having recovered from a COVID-19 infection in the past 90 days; **AND**
- Continue symptom monitoring for 10 days (if symptoms develop, isolate and test); **AND**
- Wear a <u>well-fitting mask</u> for 10 days

Test at least 5 days after last contact with the person with COVID-19.

Contingency– Quarantine

- **5 days** after last contact; **AND**
- Continue symptom monitoring for 10 days (if symptoms develop, isolate and test); **AND**
- Wear a <u>well-fitting mask</u> for 10 days

Test at least 5 days after last contact with the person with COVID-19.

Crisis– Quarantine

- **5 days** after last contact
- Continue symptom monitoring for 10 days (if symptoms develop, isolate and test); **AND**
- Wear a <u>well-fitting mask</u> for 10 days

Test at least 5 days after last contact with the person with COVID-19.