

# Summary of the Centers for Disease Control and Prevention (CDC)

## Guidance on Quarantine



On March 29, 2021, the CDC issued updated [guidance](#) regarding quarantining nursing home residents. Whether a resident should be quarantined depends on factors such as vaccination status, exposure to someone with COVID-19, and length of time outside of the facility. This summary provides basic information about quarantine and indicates when quarantine is necessary.

### GENERAL POINTS

- Quarantine is for 14 days except under certain very exceptional circumstances.
- Residents should be quarantined in a single-person room. If that is not possible, residents should shelter-in-place at their current location and be monitored for evidence of COVID-19.
- Staff caring for residents in quarantine should wear a N95 or higher-level respirator, eye protection, gloves, and gown.
- Quarantine usually ends when a resident has no fever or COVID-19 symptoms for 14 days.
- Indoor visitation is not permitted for residents who are quarantined, regardless of vaccination status.

### RESIDENTS WHO ARE NEWLY ADMITTED OR RE-ADMITTED

Status	Quarantine - YES	Quarantine - NO	Comments
Vaccinated resident with no prolonged close contact with someone with COVID-19		✘	<a href="https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-after-vaccination.html">https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-after-vaccination.html</a>  Quarantine is no longer recommended for residents who are being admitted to a post-acute care facility if they are fully vaccinated and have <b>not</b> had prolonged close contact with someone with SARS-CoV-2 infection in the prior 14 days.
Vaccinated resident with prolonged close contact with someone with COVID-19	✘		<a href="https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-after-vaccination.html">https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-after-vaccination.html</a>  Fully vaccinated inpatients and residents in healthcare settings should continue to <a href="#">quarantine</a> following prolonged close contact (within 6 feet for a cumulative total of 15 minutes or more over a 24-hour period).
Resident who had COVID-19 in last 3 months with or without prolonged close contact with someone with COVID-19		✘	<a href="https://www.cdc.gov/coronavirus/2019-ncov/hcp/long-term-care.html#residents-close-contact">https://www.cdc.gov/coronavirus/2019-ncov/hcp/long-term-care.html#residents-close-contact</a> and <a href="https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html">https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html</a>  Asymptomatic residents who have recovered and are within 3 months of a positive test for SARS-CoV-2 infection may not need to be quarantined or tested following re-exposure to someone with SARS-CoV-2 infection. A few exceptions exist.

Unvaccinated resident with or without prolonged close contact with someone with COVID-19	×		<a href="https://www.cdc.gov/coronavirus/2019-ncov/hcp/long-term-care.html#residents-close-contact">https://www.cdc.gov/coronavirus/2019-ncov/hcp/long-term-care.html#residents-close-contact</a>  New admissions and readmissions, who are not vaccinated and have not had COVID-19 in the last three months, should be placed in a 14-day quarantine, even if they have a negative test upon admission.
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Exception: Instead of determining whether a resident should be quarantined using the above criteria, facilities in communities with minimal to no community transmission can elect to use a risk-based approach. In this approach, decisions are made based on whether the resident:

- Had prolonged close contact with someone with COVID-19 outside the facility.
- Had followed infection prevention and control practices before entering the facility, when in other healthcare settings, or during transportation.

## RESIDENTS WHO LEAVE THE FACILITY

Quarantining a resident depends on:

- How long the resident has been out of the facility.
- The resident’s vaccination status.
- Whether the resident had COVID-19 within the past three months.
- If the resident had prolonged close contact with someone with COVID-19.

Out of facility less than 24 hours	Quarantine - YES	Quarantine - NO	Comments
Vaccinated or unvaccinated resident with no prolonged close contact with someone with COVID-19		×	<a href="https://www.cdc.gov/coronavirus/2019-ncov/hcp/long-term-care.html">https://www.cdc.gov/coronavirus/2019-ncov/hcp/long-term-care.html</a>  In most circumstances, quarantine is not recommended for residents who leave the facility for less than 24 hours (e.g., for medical appointments, community outings with family or friends) and <b>do not</b> have close contact with someone with SARS-CoV-2 infection.
Vaccinated or unvaccinated resident with prolonged close contact with someone with COVID-19	×		<a href="https://www.cdc.gov/coronavirus/2019-ncov/hcp/long-term-care.html#residents-close-contact">https://www.cdc.gov/coronavirus/2019-ncov/hcp/long-term-care.html#residents-close-contact</a>  Residents who have had close contact with someone with SARS-CoV-2 infection should be placed in quarantine for 14 days after their exposure.

Out of facility more than 24 hours	Quarantine - YES	Quarantine - NO	Comments
Vaccinated resident with no prolonged close contact with someone with COVID-19		X	<a href="https://www.cdc.gov/coronavirus/2019-ncov/hcp/long-term-care.html">https://www.cdc.gov/coronavirus/2019-ncov/hcp/long-term-care.html</a> Residents who leave the facility for more than 24 hours should be treated the same as new or readmissions. See above chart.
Vaccinated resident with prolonged close contact with someone with COVID-19	X		
Resident who had COVID-19 in last 3 months with or without prolonged close contact with someone with COVID-19		X	
Unvaccinated resident with or without prolonged close contact with someone with COVID-19	X		

### ADDITIONAL POINTS ABOUT RESIDENTS LEAVING THE FACILITY

- The CDC recommends that each facility have a plan to address when residents leave the facility.
- Residents should be reminded to follow all infection prevention and control practices. Individuals who accompany them should be educated about these practices and assist residents in following them.
- There should be regular communication between the medical providers that residents see outside the facility and the nursing home to make sure residents who have possibly been exposed to COVID-19 or who have symptoms are identified.
- For residents who regularly go to medical appointments, such as dialysis, the harm from repeated ongoing isolation is likely greater than any benefit of quarantine.

If you think your facility is not following CDC guidance on quarantine, contact your long-term care Ombudsman program. For more information visit [https://theconsumervoice.org/get\\_help](https://theconsumervoice.org/get_help).



For additional resources and information visit:

[www.theconsumervoice.org](http://www.theconsumervoice.org)