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DATE: April 1, 2021
TO: Local Health Departments (LHDs) and other affected entities
FROM: New York State Department of Health (NYSDOH)

UPDATE HEALTH ADVISORY: QUARANTINE FOR COMMUNITY PERSONS EXPOSED TO COVID-19

SUMMARY

- This document supersedes the March 10, 2021 guidance on quarantine for community persons exposed to COVID-19.
- This update aligns the guidance with changes to the New York State Travel Advisory that go into effect on April 1, 2021 and recent updates from the Centers for Disease Control and Prevention (CDC) on [quarantine for the fully vaccinated](#) and those who have [recovered from COVID-19](#).
- Fully vaccinated is defined as being 2 weeks or more after either receipt of the second dose in a 2-dose series, or 2 weeks or more after receipt of one dose of a single-dose vaccine.

QUARANTINE REQUIREMENTS

1. FOR VACCINATED INDIVIDUALS EXPOSED TO COVID-19

Asymptomatic individuals who have been fully vaccinated against COVID-19 do **not** need to quarantine after exposure to COVID-19.

Fully vaccinated individuals exposed to COVID-19 who are experiencing related **symptoms** must isolate themselves, be clinically evaluated for COVID-19, and tested for COVID-19 if indicated.

This guidance applies to all fully vaccinated people. However, individuals should be encouraged to consult with their healthcare provider if they have any questions about their individual situation, such as immunocompromising conditions or other concerns.

2. FOR PREVIOUSLY RECOVERED INDIVIDUALS EXPOSED TO COVID-19

Asymptomatic individuals exposed to COVID-19 who have been previously diagnosed with laboratory confirmed COVID-19, and have since recovered, are **not** required to retest and quarantine provided the new exposure is within 3 months after the date of symptom onset from the initial COVID-19 infection or date of first positive diagnostic test if asymptomatic during illness.

This guidance applies to all people who have previously recovered from COVID-19 and are newly exposed to COVID-19. However, individuals should be encouraged to consult with their healthcare provider if they have any questions about their individual situation, such as immunocompromising conditions or other concerns.

3. FOR TRAVELERS

As of April 1, 2021, asymptomatic domestic travelers, including healthcare providers, arriving in New York State from other U.S. states and territories **are not required** to test or quarantine. Domestic travelers do not need to quarantine if they are fully vaccinated or have recovered from laboratory confirmed COVID-19 within the previous 3 months. However, while not required, quarantine, consistent with the CDC recommendations for international travel, is **still recommended** for all other asymptomatic domestic travelers for either 7 days with a test 3-5 days after travel or 10 days without a test.

Asymptomatic international travelers arriving in New York must comply with all CDC requirements for testing and quarantine after international travel. This requirement applies to all international travelers irrespective as to whether they were tested before boarding, are recovered from a previous COVID infection, or are fully vaccinated. Even essential workers returning from international travel must quarantine.

Symptomatic travelers must immediately self-isolate and contact the local health department or their healthcare providers to determine if they should seek COVID-19 testing.

Consult the latest [NYS travel advisory](#) or the [CDC website](#) for more information.

4. FOR INDIVIDUALS EXPOSED TO COVID-19 WHO ARE NOT FULLY VACCINATED OR HAVE NOT RECOVERED FROM COVID-19 IN THE PREVIOUS 3 MONTHS

Individuals who have been exposed to someone with confirmed or suspected COVID-19, who are not fully vaccinated or have not recovered from COVID-19 in the previous 3 months, are required to quarantine for 10 days after exposure. Testing is not required to end quarantine if no [symptoms](#) have been reported during the quarantine period. However, a test should be sought immediately if any symptoms develop during the 14 days after exposure.

Any time **HCP working in nursing homes, EALRs, or ALPs** are required to quarantine, they **cannot return** to their workplace (must furlough) through the 14th day after exposure. Such HCP do not need to quarantine if they meet the vaccination or recent COVID-19 recovery criteria. For additional information about furlough for HCP, see April 1, 2021 [Update to Interim Health Advisory: Revised Protocols for Personnel in Healthcare and Other Direct Care Setting to Return to Work Following COVID-19 Exposure](#).

Guidance regarding quarantine can be found [here](#).

MONITORING REQUIREMENTS FOR EVERYONE AFTER EXPOSURE TO COVID-19

Irrespective of quarantine status, all individuals exposed to COVID-19 must:

- Monitor symptoms daily from day of exposure (or first date of awareness of exposure if there is a delay) through Day 14;

- Continue strict adherence to all recommended non-pharmaceutical interventions, including hand hygiene and the use of face coverings, through Day 14 (even if fully vaccinated);
- Immediately self-isolate if any symptoms develop and contact the local public health authority or their health care provider to report this change in clinical status and determine if they should seek testing.

LOCAL HEALTH DEPARTMENTS AND QUARANTINE ORDERS

Local health departments (LHDs) will continue to identify individuals who may have been exposed to COVID-19. Contact tracing interviews now include questions about vaccination status, and previous COVID infection. Contact tracers may validate reports of vaccination status in NYSIS or CIR, the statewide immunization registry, during the interview. Fully vaccinated individuals do not need to quarantine after exposure.

ADDITIONAL INFORMATION

This guidance applies only to asymptomatic individuals who have been exposed to COVID-19 and who have not tested positive as a result of a recent exposure. Consistent with ongoing NYS DOH requirements, individuals who test **positive for COVID-19 must isolate**. Information on the criteria and duration for isolation can be found [here](#).