

BILH Discontinuation of COVID-19 Quarantine Status: Adult Patients

This guidance is for patients with a **confirmed COVID-19 exposure** who are **either asymptomatic** or **COVID-19 PCR test² negative**, in both the [inpatient](#) and [ambulatory](#) setting (i.e. COVID-19 Quarantine status). While in quarantine, the patient should follow the [CDC](#) and [MA DPH](#) guidance. Quarantine can be discontinued when one of the following options is fulfilled, based on the settings below.

**Please note that this guidance does not apply to healthcare personnel; see employee return to work guidance on local institutional website.*

**For parents visiting Neonatal ICU or Special Care Nursery, please see [BILH Discontinuation of COVID-19 Quarantine Status for Parents in the Neonatal ICU and Special Care Nursery](#).*

	SETTING	TYPE of QUARANTINE (From time of last exposure)	CRITERIA for TESTING, MONITORING and PATIENT RELEASE	DAY OF PATIENT RELEASE, IF CRITERIA MET ¹	ACTIVE MONITORING
UP TO DATE with COVID-19 vaccination ^{3,4}	Person in Community, NOT in healthcare setting	No quarantine, if asymptomatic	<ul style="list-style-type: none"> Consider performing a COVID-19 PCR test² on Day 5 or later <i>AND</i> The individual has not experienced any symptoms up to that point 	No quarantine	<ul style="list-style-type: none"> Actively monitor symptoms daily through Day 10. If even mild symptoms develop or the individual has a temperature of ≥ 100.0 F, obtain COVID-19 viral test (PCR or home antigen test meeting acceptability criteria).
	Inpatient or Ambulatory patient in healthcare setting	5 days of strict quarantine	<ul style="list-style-type: none"> A COVID-19 PCR test² taken on Day 5 or later is negative <i>AND</i> The individual has not experienced any symptoms up to that point 	Day 6	<ul style="list-style-type: none"> Actively monitor symptoms daily through Day 10. If even mild symptoms develop or the individual has a temperature of ≥ 100.0 F: <ul style="list-style-type: none"> They become COVID-19 Suspect status; contact the public health authority/clinician overseeing their quarantine and get tested. If COVID PCR is negative, discontinue isolation If COVID PCR is positive, they become COVID-19 Positive status and follow Discontinuation of Isolation for COVID-19 Positive Patients
UNVACCINATED or NOT UP TO DATE with COVID-19 vaccination	Person in Community, NOT in healthcare setting ¹	5 days of strict quarantine	<ul style="list-style-type: none"> The individual has not experienced any symptoms up to that point <i>AND</i> No COVID-19 PCR test² is necessary 	Day 6 <ul style="list-style-type: none"> Mask on days 6-10 Avoid travel for 10 days after last contact 	<ul style="list-style-type: none"> Actively monitor symptoms daily through Day 10. If even mild symptoms develop or the individual has a temperature of ≥ 100.0 F, obtain COVID-19 viral test (PCR or home antigen test meeting acceptability criteria).
	Inpatient or Ambulatory patient in healthcare setting	10 days of strict quarantine	<ul style="list-style-type: none"> The individual has not experienced any symptoms up to that point No COVID-19 PCR test² is necessary 	Day 11	No additional active monitoring is required

¹Timing from last date of exposure (day 0)

²[COVID-19 home antigen testing meeting acceptability criteria](#) will be accepted in most ambulatory settings. Note that units caring for patients with immunocompromised patients (e.g., bone marrow transplant, solid organ transplant) may choose to require 10 days of strict quarantine regardless of PCR result.

³Vaccinated ambulatory patients with ongoing exposure (e.g., household contact who you cannot isolate from) may be considered for management in the unvaccinated patient category.

⁴Vaccinated patients with a [history of COVID-19 in the prior 90 days should not be routinely retested](#) for COVID-19. Individual clinicians may consider retesting for patients with significant household or high risk exposures.