

BILH Discontinuation of COVID-19 Quarantine Status for Parents in the Neonatal Intensive Care Unit and Special Care Nursery

This guidance is for parents with **confirmed COVID-19 exposure** who are **asymptomatic**. Please note that per the Massachusetts DPH parents are not considered visitors. Note that this guidance is based on recommendations from the [American Academy of Pediatrics](#) and CDC. Open bay units may choose to follow separate guidance. When possible, individuals should attempt to try to quarantine and avoid continued exposure. While in the unit, parents should wear a well-fitting mask at all times.

*For adult patients (including Obstetrics) please see [BILH Discontinuation of COVID-19 Quarantine Status: Adult Patient](#).

	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}	Parent in Community (not admitted)	No quarantine, if asymptomatic	<ul style="list-style-type: none"> Consider performing a COVID-19 PCR test² on Day 5 or later AND 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 parent 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 AND 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 guidance for immunocompetent or immunocompromised patients.
UNVACCINATED or NOT UP TO DATE with COVID-19 vaccination	Parent in Community (not admitted), OR Inpatient parent 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.

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.