

Guidance for Long-term Care Facilities on Duration of Quarantine for Contacts of Persons with SARS-CoV-2 Infection
Revised March 17, 2021

Duration of Quarantine for Residents in the Long-term Care Setting

Residents in long-term care facilities, for whom quarantine* after exposure to an individual with suspected or confirmed COVID-19 is recommended, should quarantine for a full 14 days.

CDC currently [recommends](#) as the preferred option that individuals for whom quarantine is recommended after exposure to an individual with COVID-19 quarantine for 14 days (and possibly longer if the exposed individual develops symptoms or tests positive during the 14-day quarantine period). However, recent CDC [guidance](#) outlines options for shortening the recommended duration of quarantine based on symptom monitoring and diagnostic testing.

Shortening the duration of quarantine is designed to reduce the burden of quarantine on individuals while accepting a small increased risk of post-quarantine secondary transmission. Given the vulnerable nature of long-term care facility residents and the potential severe impacts of COVID-19, including severe illness, hospitalization, or death, a full 14-day quarantine period continues to be recommended in this setting.

The recommendation for a full 14-day quarantine applies regardless of a resident's COVID-19 vaccination status. The reason COVID-19 vaccination does not shorten or eliminate the duration of quarantine in long-term care facility residents is the unknown risk of SARS-CoV-2 transmission from vaccinated persons to others, the unknown effectiveness of COVID-19 vaccines in the long-term care setting, the vulnerable nature of long-term care residents, and the difficulty of physically distancing in the long-term care setting. An exception to this recommendation could be considered if quarantine for fully vaccinated residents is shortened or waived to mitigate critical space, staff, or PPE issues when other options are not available, but this is not a preferred strategy.

Quarantine is [no longer recommended](#) for residents who are being admitted to a long-term care facility if the resident is fully vaccinated** and has not had prolonged close contact with someone with SARS-CoV-2 infection in the prior 14 days.

Duration of Work Restriction for Healthcare Personnel in the Long-term Care Setting

Unvaccinated healthcare personnel in long-term care facilities who are exposed to individuals with suspected or confirmed COVID-19 (either as a [higher-risk exposure](#) in the workplace or as a travel or community-associated exposure for which quarantine is recommended) should be restricted from work in the facility for a full 14 days. An exception is healthcare personnel who have recovered from SARS-CoV-2 infection and are within 3 months of onset of their initial infection. (See [CDC guidance](#) on this topic.)

Although the recommended duration of work restriction is 14 days, the recommended duration of quarantine at home can differ. Long-term care facility healthcare personnel should follow the current guidance of their local public health district regarding duration of quarantine at home.

Fully vaccinated healthcare personnel in long-term care facilities with a higher-risk exposure in the workplace or community-associated exposure who are asymptomatic do not need to be restricted from work for 14 days following their exposure. However, work restriction should still be considered for certain healthcare personnel with immunocompromising conditions. (See [CDC guidance](#) on this topic.) In addition, healthcare personnel who have traveled should follow CDC [recommendations](#), including restriction from work, when recommended for any traveler.

Duration of Work Restriction During a Staffing Shortage

In the event that a facility is experiencing a staffing shortage for which mitigation strategies are required, such as those outlined in CDC's [Strategies to Mitigate Healthcare Personnel Staffing Shortages](#), these strategies should be implemented in a manner consistent with the facility's emergency preparedness plans.

* "Quarantine" should be considered synonymous with "self-isolation" in Idaho.

** "Fully vaccinated" means 2 weeks after the second dose in a 2-dose COVID-19 vaccine series, like the Pfizer or Moderna vaccines, or 2 weeks after a single-dose vaccine, like Johnson & Johnson's Janssen vaccine.

REFERENCES

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