



# Department of Health

**ANDREW M. CUOMO**  
Governor

**HOWARD A. ZUCKER, M.D., J.D.**  
Commissioner

**LISA PINO, M.A., J.D.**  
Executive Deputy Commissioner

December 26, 2020

**TO:** Local Health Departments (LHDs), Health Care Providers, Health Care Facilities, and Congregate Settings Other than Nursing Homes and Enhanced Assisted Living Residences or Assisted Living Programs

**FROM:** New York State Department of Health (NYSDOH)

## HEALTH ADVISORY: QUARANTINE FOR PERSONS EXPOSED TO COVID-19

### SUMMARY

This document provides updated guidance on releasing individuals from **quarantine** as a result of an exposure to COVID-19, including general community members, health care personnel, and travelers. The information contained herein supersedes any previous guidance issued related to the length of quarantine.

This guidance aligns the requirements for release from quarantine with the December 2, 2020 Centers for Disease Control and Prevention (CDC) guidance.

### QUARANTINE REQUIREMENTS FOR EXPOSURE TO COVID-19

Consistent with recent CDC guidance, quarantine for individuals exposed to COVID-19 can end after ten days without a testing requirement if no symptoms have been reported during the quarantine period.

- Individuals must continue daily symptom monitoring through Day 14;
- Individuals must be counseled to continue strict adherence to all recommended non-pharmaceutical interventions, including hand hygiene and the use of face coverings, through Day 14.
- Individuals must be advised that if any symptoms develop, they should immediately self-isolate and contact the local public health authority or their healthcare provider to report this change in clinical status and determine if they should seek testing.

These quarantine requirements are also applicable to travelers who are not essential workers and/or who did not complete the testing requirements described in Executive Order 205.2.

Guidance on how to quarantine can be found here.

## ADDITIONAL INFORMATION

- This quarantine guidance is applicable to health care personnel working at nursing homes or adult care facilities certified as EALRs or ALPs who were exposed to COVID-19 such that these individuals may be released from quarantine in accordance with the guidance described above; however, they must remain furloughed from work for 14 days.
- This guidance applies to exposed individuals who have been exposed to COVID-19 who have not tested positive. Individuals who test positive for COVID-19 must isolate. Information on isolation and when it ends can be found [here](#). Return to work guidance for nursing home staff after COVID-19 infection can be found [here](#).