KDHE Guidance for Isolation & Quarantine

Health Care Isolation and Quarantine Guidance			
Population	**Guidance by Staffing Level**		
Health Care Workers with lab confirmed or probable COVID-19 Infections	**Conventional Staffing** Isolate for 10 days OR 7 days with negative test[1], if asymptomatic or mildly symptomatic (with improving symptoms). If health care worker returns to work during 10-day infectious period they should only work with COVID-19 patients for the remainder of the infectious period.	**Contingency Staffing** Isolate for 5 days with/without negative test, if asymptomatic or mildly symptomatic (with improving symptoms). If health care worker returns to work during 10-day infectious period they should only work with COVID-19 patients for the remainder of the infectious period.	**Crisis Staffing** No work restrictions, with prioritization considerations for asymptomatic or mildly symptomatic health care workers.
BOOSTED Asymptomatic Health Care Workers who are close contacts of a person with confirmed or probable COVID-19 infection	**Conventional Staffing** No work restrictions with required negative test on Day 2 and any one day between Day 5 and 7 after exposure.[2]	**Contingency Staffing** No work restrictions.	**Crisis Staffing** No work restrictions.
VACCINATED or UNVACCINATED, EVEN IF WITHIN 90 DAYS OF PRIOR INFECTION Asymptomatic Health Care Workers who are close contacts of a person with confirmed or probable COVID-19 infection	**Conventional Staffing** Quarantine 10 days OR 7 days with negative test.	**Contingency Staffing** No work restrictions with negative tests required on days 1, 2, 3, and any one day between Day 5 and 7 after exposure [2]	**Crisis Staffing** No work restrictions (test if possible)

[1] Negative test results within 48 hours before returning to work

[2] For calculating day of test: 1) for those with infection consider day of symptom onset (or first positive test if asymptomatic) as day 0; 2) for those with exposure consider day of exposure as day 0

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General Population Isolation and Quarantine Guidance			
Population	**Guidance**		
Anyone, regardless of vaccination status, that is a lab confirmed or probable case	**Stay home for at least 5 days** Stay home for 5 days and isolate from others in your home. Wear a well-fitted mask if you must be around others in your home. After 5 full days in home isolation, wear a well-fitted mask indoors and outdoors when around others for an additional 5 days. Do not go to places where you are unable to wear a mask. **If you cannot or will not mask** Stay home for 10 days and isolate from others in your home.	**Ending home isolation with masking** **If you had symptoms** End isolation after 5 full days if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving. **If you did NOT have symptoms** End isolation after at least 5 full days after your positive test. **If you were severely ill with COVID-19** End isolation after at least 10 days and up to 20 full days if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving. Consult your doctor before ending isolation.	**Additional precautions until day 10** Avoid travel Avoid being around people who are at high risk for developing severe disease
People who are fully vaccinated with Pfizer or Moderna over 5 months ago and no booster **People who are fully vaccinated with Johnson & Johnson over 2 months ago and no booster** **People who are unvaccinated**	**Quarantine for at least 5 days** Stay home and quarantine for at least 5 full days. Wear a well-fitted mask if you must be around others in your home. After 5 full days in quarantine, wear a well-fitted mask indoors and outdoors when around others for an additional 5 days. Do not go to places where you are unable to wear a mask. **If you cannot or will not mask** Stay home for 10 days and quarantine from others in your home. **Get tested** Even if you don't develop symptoms, it is recommended that you get tested at least 5 days after you last had close contact with someone with COVID-19.	**After Home Quarantine** Watch for symptoms until 10 days after you last had close contact with someone with COVID-19. **If you develop symptoms** Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.	**Additional precautions until day 10** Avoid travel Avoid being around people who are at high risk for developing severe disease
People who are fully vaccinated and boosted **People who are fully vaccinated with Pfizer or Moderna within the last 5 months** **People who are fully vaccinated with Johnson & Johnson within the last 2 months** **People who had confirmed COVID-19 infection within the past 90 days (you tested positive using a viral test)**	**No quarantine** You do not need to stay home unless you develop symptoms. **Get tested** Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19	**Watch for symptoms** Watch for symptoms until 10 days after you last had close contact with someone with COVID-19. **If you develop symptoms** Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.	**Additional precautions until day 10** Avoid travel Avoid being around people who are at high risk for developing severe disease

Exceptions to General Population Guidance:
In certain congregate settings that have a high risk of secondary transmission (such as correctional and detention facilities, homeless shelters, cruise ships, and long-term care facilities), CDC recommends a 10-day quarantine for exposed residents, regardless of vaccination and booster status. A 10-day isolation period is also recommended for confirmed and probable cases among residents. Staff are also recommended to follow this criteria; however, during periods of critical staffing shortages, facilities may consider shortening the isolation and quarantine period for staff to ensure continuity of operations after consulting with their local health department.

View the [Isolation & Quarantine Guidance FAQ](#) document for more information.

Kansas
Department of Health
and Environment

For more information, visit kdheks.gov/coronavirus

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