

KDHE Guidance for Isolation & Quarantine

Health Care Worker Isolation and Quarantine Guidance			
Population	Guidance by Staffing Level		
Up to Date and Not Up to Date Health Care Workers with lab confirmed or probable COVID-19 Infection	Conventional Staffing Isolate for 10 days OR 7 days with negative test ¹ , if asymptomatic or mildly symptomatic (with improving symptoms). Should be fever-free for 24 hours (without the use of fever-reducing medication) and symptoms are improving. 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). Should be fever-free for 24 hours (without the use of fever-reducing medication) and symptoms are improving. 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 (e.g., the types of patients they care for). Should be fever-free for 24 hours (without the use of fever-reducing medication) and symptoms are improving.
Up to Date Asymptomatic Health Care Workers who are close contacts of a person with confirmed or probable COVID-19 infection Confirmed COVID-19 infection within the past 90 days 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.
Not Up to Date 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

Up to date means a person has received all recommended COVID-19 vaccines, including any booster dose(s) when eligible. See CDC Guidance [Stay Up to Date with Your Vaccines](#).

Each healthcare facility should determine their staffing level based on current circumstances. CDC has provided details on Contingency and Crisis staffing levels in the [Strategies to Mitigate Healthcare Personnel Staffing Shortages](#). In short, Conventional Staffing can be taken to mean business as usual and adequate staffing, Contingency Staffing can be taken to mean the facility anticipates a staffing shortage and has tried to solve staffing issues, and Crisis Staffing to mean the facility does not have staff to provide patient care.

KDHE Guidance for Isolation & Quarantine

General Population Isolation and Quarantine Guidance			
Population	Guidance		
<p>Up to Date and Not Up to Date Anyone with lab confirmed or probable COVID-19 Infection</p>	<p>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.</p> <p>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.</p> <p>If you cannot or will not mask Stay home for 10 days and isolate from others in your home.</p>	<p>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.</p> <p>If you did NOT have symptoms End isolation after at least 5 full days after your positive test.</p> <p>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.</p>	<p>Additional precautions until day 10</p> <p>Avoid travel</p> <p>Avoid being around people who are at high risk for developing severe disease</p>
<p>Not Up to Date Asymptomatic close contacts of a person with confirmed or probable COVID-19 infection</p> <p>People who are unvaccinated Asymptomatic close contacts of a person with confirmed or probable COVID-19 infection</p>	<p>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.</p> <p>If you cannot or will not mask Stay home for 10 days and quarantine from others in your home.</p> <p>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.</p>	<p>After Home Quarantine Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.</p> <p>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.</p>	<p>Additional precautions until day 10</p> <p>Avoid travel</p> <p>Avoid being around people who are at high risk for developing severe disease</p>
<p>Up to Date Asymptomatic close contacts of a person with confirmed or probable COVID-19 infection</p> <p>People who had confirmed COVID-19 infection within the past 90 days (you tested positive using a viral test) Asymptomatic close contacts of a person with confirmed or probable COVID-19 infection</p>	<p>No quarantine You do not need to stay home unless you develop symptoms.</p> <p>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</p>	<p>Watch for symptoms Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.</p> <p>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.</p>	<p>Additional precautions until day 10</p> <p>Avoid travel</p> <p>Avoid being around people who are at high risk for developing severe disease</p>

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 criterion; 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.

Up to date means a person has received all recommended COVID-19 vaccines, including any booster dose(s) when eligible. See CDC Guidance [Stay Up to Date with Your Vaccines](#).