COVID Isolation and Quarantine in Inpatient and Outpatient Settings

DUHS COVID protocols are based on [CDC Interim Infection Prevention and Control Recommendations for Healthcare Personnel During the Coronavirus Disease 2019 (COVID-19) Pandemic](https://www.cdc.gov/coronavirus/2019-ncov/healthcare-guidance/index.html). In some cases, CDC guidance for isolation and quarantine in the community differ from CDC guidance for isolation and quarantine in healthcare settings. This document outlines DUHS guidance for management of patients exposed to COVID and patients infected with COVID in the Inpatient and Ambulatory settings.

**Inpatient (includes Emergency Departments)**

**Patients infected with COVID-19:**
- Use Special Airborne Contact Isolation Precautions
- Follow [10- or 20-day symptom-based strategy](https://www.cdc.gov/coronavirus/2019-ncov/healthcare-guidance/index.html) for discontinuation of special airborne contact isolation.

**Patients with high-risk unmasked exposure to COVID-19:**
- Notify the infection prevention team of any patient who has been exposed to COVID by an unmasked visitor or patient
- Place exposed patients on droplet and contact precautions (Infection Prevention will add Infection Status in EPIC “Exposed to COVID”)
- Order post-exposure testing for the patient as follows:
  - Immediately upon learning about the exposure
  - Day 6 post-exposure
  - At any time before or after day 7 should concerning symptoms develop
- Maintain precautions for 7 days, if the day 6 post-exposure test is negative; isolation may be removed

**Ambulatory**

**Patients reporting current infection with COVID-19:**
- Use Special Airborne Contact Isolation Precautions
- Follow [10- or 20-day symptom-based strategy](https://www.cdc.gov/coronavirus/2019-ncov/healthcare-guidance/index.html) for discontinuation of special airborne contact isolation
- Non-urgent visits may be rescheduled; however, necessary care should not be delayed. Clinical sites should follow local protocols for managing patients who require isolation.

**Patients reporting community exposure to COVID-19:**
- Screen patients for symptoms of COVID; for symptomatic patients, follow Special Airborne Contact Isolation Precautions and offer testing as indicated
- For asymptomatic patients, follow Universal Masking protocols and proceed with visit as scheduled

Updated: 10/06/2022