

Quarantine Overview

This document provides an overview of quarantine guidance for Department of Homeless Services (DHS) clients following exposure to someone with COVID-19 or recent travel.

Glossary

- **Index case** – Individual with a positive COVID-19 diagnostic test.
- **Close contact** – Someone who was within 6 feet of a person with COVID-19 for a cumulative total of at least 10 minutes over a 24-hour period while the person with COVID-19 was infectious.
- **Infectious Period** – Someone is considered infectious starting from two days before symptom onset until 10 days after symptoms onset (or, for asymptomatic individuals, two days prior to positive specimen collection date until 10 days after)
- **Incubation period** – The time between a person’s exposure to a virus and when symptoms begin. The incubation period for COVID-19 is two to 14 days, with an average time of five days. Some people who have COVID-19 never develop symptoms.
- **Isolation period** – Separation from others of a person suspected or confirmed to have COVID-19 (positive test or COVID-like symptoms).
- **Quarantine** – Separation of close contacts from others, preferably in a space with private bathroom where meals are provided. Quarantine of close contacts in DHS shelters is **now for 10 days from the date of last exposure to the index case.**
- **Full Vaccination** – Two weeks after the second dose of Moderna or Pfizer vaccine or two weeks after the single- dose Johnson & Johnson/Janssen vaccine. Vaccination must be documented.
- **Diagnostic test** – includes any SARS-CoV-2 nucleic acid assay (NAA) or antigen test. It does not include serology/antibody tests.

DHS operates both isolation hotels and quarantine hotels. For close contacts, the New York City Department of Health and Mental Hygiene (NYC Health Department) recommends that individuals quarantine in separate rooms from others to the extent possible. If this is not feasible logistically or due to a client’s other medical or mental health history or for other reasons, alert your Program Administrator who will contact the DHS Medical Office for consultation. Consultation with the NYC Health Department will occur as needed.

Notes on Isolation:

- All clients with COVID-like symptoms or a COVID-19 positive diagnostic test (rapid antigen or PCR test) must isolate immediately. Individuals may isolate in their private unit if the client is part of a family unit and is in a unit with private bathroom.

- All single adult clients must isolate in a DHS isolation hotel (or H+H hotel if needed) or in another place of their choosing outside of DHS, such as a relative's home.
- While waiting for bed in an isolation hotel, shelter providers must temporarily isolate clients.
- **Duration of isolation is 10 days from symptom onset or, if asymptomatic, from date of positive test.** If a person test positive then develops symptoms, isolation is for 10 days from symptoms onset.
- Fully vaccinated clients with suspected or confirmed COVID-19 must similarly isolate.
- All staff with COVID-19 must isolate and not return to work until 10 days have passed since date of symptom onset or date of positive test. All staff must follow Department of Social Services (DSS) Human Resource Services contact tracing protocol.

General quarantine guidance:

- People who are identified as a **close contact should be quarantined for 10 days from the last date of known exposure** to the index case.
- A person who is quarantining should stay in a room that is separate from others and have access to a private bathroom whenever possible.
 - Families with small children and people with special needs and their caregivers may need to be quarantined together.
 - Residents in quarantine should be asked to wear a mask if they need to share a room to quarantine with others. Space between these people should be kept to at least 6 feet of distance.
- Active symptom monitoring should be done for everyone in quarantine.
 - Isolation should start immediately for anyone who develops COVID-19 symptoms. The isolation period should extend for 10 days from symptom onset.
- All close contacts should be tested within at least 5 days of exposure, regardless of vaccination status.
 - Isolation should start immediately for anyone who tests positive. The isolation period should extend for 10 days from date of test if the individual is asymptomatic.
- Quarantine within the shelter should not be discontinued based on a negative COVID-19 test result.
 - Individuals may be able to return to work/school after 7 days if no COVID-19 symptoms have been reported during quarantine **and a diagnostic specimen collected at 5 least five days after the date of last exposure tests negative** for SARS-CoV-2. More information on NYC public school policies can be found [here](#). Such persons need to continue to quarantine from others at the shelter.
- People who have recovered from laboratory-confirmed COVID-19 do not have to quarantine following exposure if they remain asymptomatic and less than 90 days have passed since their first positive diagnostic test. Isolation should start immediately for anyone who develops COVID-19 symptoms and lasts 10 days from symptoms onset.

- Exposed staff must follow DSS Human Resource Services contact tracing protocol.

Quarantine of Close Contacts

Close contacts in an Adult Family (no children) Shelters:

- Family members identified as close contacts who have pending COVID-19 test results or who have negative test results should quarantine onsite if the facility has adequate space for them to safely quarantine.
 - If the facility does not have adequate space for quarantine onsite, close contacts should re-locate to a DHS quarantine hotel.
 - If family members cannot or will not separate from each other, or one family member is acting as a caregiver to another, they can remain together onsite if the family has a bedroom and bathroom separate from other residents. If the family shares a bathroom with others, move the family to an isolation hotel.
 - Family members should maintain physical distance (at least 6 feet) from each other while in isolation/quarantine.
 - The bathroom needs to be disinfected after the index case uses it.
 - If the index case does not separate from other family members, **those family members will need to quarantine for an additional 10 days after the end of the index case's isolation period (i.e., 10 days from date of last exposure).**
- The DHS Medical Office and the NYC Health Department provide case-specific consults; if needed, reach out to your Program Administrator who will consult the DHS Medical Office, including if you are uncertain of what to do.

Close contacts in Families with Children Shelters:

- If possible, family members should separate from the index case.
 - If there are two bedrooms and two bathrooms, the index case can isolate in one room using one bathroom and the other family members can quarantine in the other room using the other bathroom.
 - If the family is in one room, a studio, or a one-bedroom apartment and there are two adults, the index case should be moved to a DHS isolation hotel or to a larger unit within the system, if possible and if the family accepts.
 - If the index case is a child and there are two adults in the household, one adult should stay with the child in isolation at their current location, and the other adult should move to a DHS quarantine hotel.
- If the index case does not separate, then the family can remain together onsite if they have a bedroom(s) and bathroom(s) separate from other residents.
 - If the family shares a bathroom with other families, move the family to another FWC unit with a private bathroom.

- Family members should maintain physical distance from each other while in isolation/quarantine.
- The bathroom needs to be disinfected after the index case uses it.
- **Family members identified as close contacts (including parents) will need to quarantine for an additional 10 days after the end of the index case's isolation period.**
- The DHS Medical Office and the NYC Health Department provide case-specific consults; if needed, contact your Program Administrator who will consult the DHS Medical Office, including if you are uncertain of what to do.

Close contacts in Single Adult Shelters and Safe Havens/Drop-in-Centers:

- Roommates in double hotel rooms:
 - The index case must be moved to a DHS isolation hotel and their roommate should be moved to a quarantine site (preferred) or quarantine alone in their current hotel room for 10 days.
 - Any other close contacts identified among clients must be quarantined at a DHS quarantine hotel.
 - DHS or the NYC Health Department will arrange testing for close contacts five days after the last day they were exposed to the index case or sooner if they develop symptoms. Individuals who develop symptoms should be isolated immediately for 10 days from symptoms onset.
- Congregate settings with small dorms (maximum four to six people):
 - **The index case must be moved to a DHS isolation hotel.**
 - All roommates are considered close contacts and must be quarantined at a DHS quarantine hotel for 10 days (or an H+H hotel if needed).
 - Testing will be performed at the quarantine site for close contacts five days after the last date they were exposed to the index case or sooner if they develop symptoms.
- Large congregate dorms (seven or more people):
 - The index case must be moved to a DHS isolation hotel.
 - The NYC Health Department will conduct a contact investigation to help determine who among the roommates are close contacts and therefore need quarantine.
 - When there is **one case** in a dorm-style room, at a minimum, close contacts are those sleeping in beds that are closest to the index case (to the left and right, above and below).
 - When there is **more than one case** in a dorm-style room, all roommates are considered close contacts and must be quarantined at a DHS quarantine hotel.
 - Testing will be done for close contacts five days after the last time they were exposed to the index case or sooner if they develop symptoms.
- **Note:** The above are general guidelines so that Shelters and Safe Havens/DIC staff can

start the process as soon as a client with COVID-19 is identified. The NYC Health Department and the DHS Medical Office will conduct an investigation and may make additional recommendations based on the results of the investigation and public health principles. These recommendations will be communicated to the site and to DHS leadership and must be implemented promptly. If there is evidence of on-going transmission in a congregate shelter, the Health Department might recommend to hold transfer back to shelter after quarantine until 14 days have passed since the last index case at the site.

Updated Quarantine Guidance for Fully Vaccinated Persons

The U.S. Centers for Disease Control and Prevention (CDC) and the NY State Department of Health (NYS DOH) have issued updated guidance regarding quarantine for persons fully vaccinated against COVID-19. See <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>. Vaccination status must be for a US FDA-approved vaccine and be documented on a vaccination card, NYS Excelsior pass or NYC COVID Safe app.

DHS facilities will apply the following guidance for clients who are exposed and fully vaccinated as defined in the glossary:

- **Single Adults** (Shelter or Street Solutions)
 - Quarantine close contacts for 10 days after exposure.
 - Place all close contacts from congregate settings in a single room in a quarantine facility **regardless of vaccination status**.
- **Adult Families and Families with Children Shelters *with Shared Bathrooms***
 - Quarantine all close contacts **regardless of vaccination status**.
- **Adult Families and Families with Children Shelters *with Private Bathrooms***
 - Quarantine while in the facility, regardless of vaccination status. Keep away from common spaces in the shelter.
 - May leave for school, work, or grocery shopping.
 - While in their unit, clients with COVID-19 must keep physical distancing from family members who did not test positive for COVID-19, wear face covering when in the presence of others, wash hands frequently. Testing should be conducted 5 days after exposure. Continue symptom monitoring for 10 days.

Additional notes:

- The NYC Health Department may identify additional friends and associates or other close contacts at the shelter who the index case may have spent time in close contact with during their infectious period.

- Additional recommendations may be made by the NYC Health Department and/or DHS as a result of their investigation.
- If you have concerns about isolation or quarantine for clients with behavioral health or substance use disorder (SUD) needs, please contact the DHS Medical Office to coordinate appropriate isolation or quarantine.
- The isolation and quarantine hotel medical provider(s) must be made aware of the pending arrival of more than 10 clients at once, especially if the clients are referred from a mental health or substance use shelter.
- All clients must be sent to isolation and quarantine with their medication and the attached completed referral form.
- If a site is experiencing on-going transmission, it is possible that contacts may not be returned to the site until 14 days have passed since the last case was identified at the site, thereby resetting the date of return for all contacts. If a known contact already in quarantine becomes positive while in quarantine, this will not reset the date of return. These decisions are made by the DHS Medical Office in conjunction with the NYC Health Department.

Quarantine of Returning Travelers

As of June 25, 2021, the New York State Travel Advisory is no longer in effect. As such, travelers arriving in New York are no longer required to submit traveler health forms. All travelers, [domestic](#) and [international](#), should continue to follow all CDC travel requirements. CDC recommends 10 days of quarantine for unvaccinated returning international travelers. Returning travelers can end quarantine after 7 days if they test negative at day 3-5. Returning travelers must monitor for symptoms. See <https://coronavirus.health.ny.gov/covid-19-travel-advisory> and https://www.cdc.gov/coronavirus/2019-ncov/travelers/international-travel-during-covid19.html#anchor_1634925927097.

Travel history is obtained at intake and, for current clients, staff will ask about travel history for each client who was out of the DHS shelter for 14 days or more.

Not fully vaccinated travelers:

- **Intake:** Test on arrival
- **Existing single adult clients:** Advise to test in the community and provide result to shelter staff.
 - Place in quarantine facility (Single Adult Shelter or Safe Haven) or the assigned shelter (AF) until test results are available.
 - If the test is negative, client can end quarantine.
 - If the test is positive, transfer client to isolation.
- If FWC client/family, advise to test in the community and to provide the result to the

shelter.

- If clients refuse to get tested, they must be quarantined irrespective of where they are coming from (ex: Bronx or Missouri)

Fully vaccinated travelers:

- **Single Adult and Adult Families Intake**
 - Offer COVID testing at Intake and place in quarantine facility (SA) or the assigned shelter (AF)
 - If the test is negative, discontinue quarantine
 - If the test is positive, place client in isolation
- **Families with Children**
 - Provide the following messages:
 - The returning traveler will be advised to seek COVID-19 testing and to quarantine in their assigned unit until the test result is available
 - Families will be assisted to find a testing site
 - If the family arrived at PATH during open clinic hours, provide testing onsite
 - If traveler tests positive, isolate onsite
 - If traveler tests negative, quarantine may end

For more information, visit coronavirus.health.ny.gov/covid-19-travel-advisory or nyc.gov/health/covidtravel.

The travel guidelines require all New Yorkers, as well as those visiting from out of state, to take personal responsibility in following this guidance in the best interest of public health and safety.



DHS COVID-19 Isolation and Quarantine Referral and Transfer Form
Confidential

Date of Referral: _____

First Name: Last Name:

Date of Birth:

CARES ID:

Current self-identified gender:

Shelter of Record/Outreach Team:

Check one:

Isolation Quarantine

Please indicate which symptoms are present, check yes or no:

Symptoms	Yes	No
Cough		
Shortness of breath		
Fever		
Sore Throat		
Other		

Please indicate if COVID testing was done (circle one)

Done/Not Done/Unknown	Results: pos/neg/pending	Date of Test:
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Any medical or behavioral health conditions?

Medical	Check if Yes	Behavioral Health	Check if Yes
Diabetes		Schizophrenia	
Hypertension/heart disease		Bipolar	
COPD/asthma/lung disease		Anxiety	
Kidney disease/dialysis		Depression	
Cancer		PTSD	
Other		Other	

Other important medical information:

Does client have medications in their possession: Yes/No; if yes please send and list all medications below: