Isolation and Quarantine

Isolation and quarantine help protect the public by preventing exposure to people who have or may have a contagious disease. The State of RI has specific requirements for isolation and quarantine of students arriving at a higher education environment for the start of the school year. Many of these requirements also apply to university employees who have traveled recently or been in contact with those who may be sick.

IMPORTANT: **Isolation** applies to individuals who are sick. **Quarantine** applies to individuals who may have been exposed to someone who is sick but are not yet sick themselves. See Definitions below for more information.

Overview

The University has implemented a program to isolate and quarantine students as required by State of RI orders and supplemental guidance from the Rhode Island Department of Health (RIDOH) and the Office of the Postsecondary Commissioner, and to ensure that university employees adhere to related requirements of the State of RI. Students must comply with quarantine and isolation requirements outlined below. Employees must comply with State of RI COVID-19 Travel Information for Residents and Visitors.

All members of the campus community are required to comply with Quarantine and Isolation instructions issued by URI Health Services.

Definitions

**Close Contact.** Someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated. Also includes persons with direct physical contact with a probable or confirmed case, direct care for a patient with probable or confirmed COVID-19 disease without using proper personal protective equipment, and other situations as indicated by local risk assessments.

**Fully Vaccinated.** Someone who has received all recommended doses of a COVID-19 vaccine and more than 14 days have passed since receipt of the final dose.

**Isolation.** Used to separate people infected with SARS-CoV-2, the virus that causes COVID-19, from people who are not infected. People who are in isolation should stay home until it’s safe for them to be around others. In the home, anyone sick or infected should separate themselves from others by staying in a specific “sick room” or area and using a separate bathroom (if available).

**Quarantine.** Used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

**Post-Exposure Testing and Quarantine**

Any **Fully Vaccinated** person who (a) has been a known Close Contact of a person who has been clinically diagnosed with COVID-19 by a licensed health care practitioner by assessment of symptoms or by laboratory
testing or (b) has been contacted by RIDOH or URI Health Services to inform them that they were a Close Contact with a confirmed positive case must get tested 3-5 days after the date of last exposure and must wear a mask in all public indoor settings (including off-campus) for 14 days or until he or she receives a negative test result. All Fully Vaccinated individuals who fall within category (a) or (b) of this paragraph must self-monitor for symptoms of COVID-19 for 14 days following close contact.

Any person who is not Fully Vaccinated and falls within category (a) or (b) above must get tested immediately after being identified as a Close Contact and, if negative, get tested again 5-7 days after last exposure or immediately if symptoms develop during Quarantine (see below). All Close Contacts who are not Fully Vaccinated must self-monitor for symptoms of COVID-19 for 14 days following Close Contact. All Close Contacts who are not Fully Vaccinated must immediately Quarantine for 10 days following the Close Contact unless one of the following exemptions applies:

- The person obtains a negative COVID-19 test result from a specimen taken on day 5 or later following the last date of Close Contact (day 0) and Quarantines until day 7 or later following the Close Contact; or
- The person (i) was previously diagnosed with COVID-19, the onset of which occurred no more than 90 days prior to the last date of Close Contact, (ii) completed the Isolation requirement, and (iii) is asymptomatic; or
- The person (i) was tested positive for COVID-19 from a specimen taken no more than 90 days prior to the last date of Close Contact, (ii) had no COVID-19 symptom previously, (iii) completed the Isolation requirement, and (iv) is asymptomatic.

During critical staffing shortages, as determined by RIDOH, some categories of workers may be exempted from these requirements while they are at work or traveling to or from work such as: staff at healthcare facilities, public health sector, public safety sector, social service providers, election work, provided that these workers follow RIDOH guidance for COVID-19 Quarantine and Isolation Guidance by Population. When not at work, these workers must Quarantine.

For more information, see the University's Precautions After COVID-19 Illness and Vaccination guidelines.

**Travel quarantine**

**Domestic travel**

Individuals arriving at URI from a location within the United States (US) or US territories are not currently required to quarantine or get tested after arrival whether they are vaccinated or not. However, the Rhode Island Department of Health recommends travelers follow quarantine and testing guidance found at https://covid.ri.gov/covid-19-prevention/travel-tofrom-ri to lower the chances of catching and spreading COVID-19.

**International travel**

Individuals who are Fully Vaccinated are not currently required to quarantine or get tested when arriving at URI from a location outside the United States (US) or US territories provided they are asymptomatic upon arrival but must self-monitor for symptoms of COVID-19 for 14 days following their arrival. NOTE: The Rhode Island Department of Health recommends all travelers follow quarantine and testing guidance found at https://covid.ri.gov/covid-19-prevention/travel-tofrom-ri to lower the chances of catching and spreading COVID-19.

Individuals who are not Fully Vaccinated must immediately Quarantine and self-monitor for symptoms of COVID-19 when arriving at URI from a location outside the United States (US) or US territories.
Regardless of vaccination status, the **CDC requires all air passengers arriving in the US from any foreign country to provide a negative COVID-19 test result** from no more than 3 days before travel, or documentation of recovery from COVID-19 in the past 3 months, before boarding a flight to the US. More information can be found at https://www.cdc.gov/coronavirus/2019-ncov/travelers/testing-international-air-travelers.html.

**Start-of-semester travel**

The State of Rhode Island may issue special quarantine and testing requirements for students arriving at the beginning of the academic term. Any such requirements will be communicated to students as they become available.

**Quarantine procedures**

While quarantining, individuals must:

- Stay home (or in their assigned campus residence).
- Not go to work, school, clinicals, or public areas.
- Not use public transportation.
- Distance themselves from others, including at home (these people should monitor themselves for symptoms as well.)
- For residents of campus residence halls, plans are in place to provide meals and other essential services to individuals in quarantine on campus.

**Duration of quarantine**

The recommended **duration of Quarantine is 14 days** from the last day of contact/exposure to the case (during the infectious period of the case, whether probable, test-confirmed, or asymptomatic test-confirmed), or from arriving at URI, as applicable.

**Individuals may end their quarantine after 10 days if they have no symptoms.** though they must continue to self-monitor for signs of illness through day 14. **Individuals may further shorten their quarantine to 7 days if they have a negative result** from a test taken at least 5 days from the start of quarantine. NOTE: Students must complete the full 10-day quarantine following a confirmed exposure.

More information about Quarantine is available [here](https://health.ri.gov/publications/guidance/COVID-19-Quarantine-and-Isolation-Guidance-by-Population.pdf) ("COVID-19 Quarantine and Isolation Guidance by Population"). This includes individuals who have no symptoms (are asymptomatic) but have tested positive for infection with SARS-CoV-2. Individuals must also Isolate while waiting for a negative test result if they present with symptoms consistent with COVID-19.

NOTE: Students who test positive for COVID-19 will be required to stay in the University provided isolation space or return home if it’s safe to do so with family/parental approval. If a student requests to travel home to complete isolation, URI Health Services staff will speak with family to provide guidance and explain risk to the household. Students must travel by private car and limit any stops.

While isolating, individuals must:
• Stay home (or in their assigned isolation space) except to get medical care.
• Monitor their symptoms. If they have an emergency warning sign (including trouble breathing), seek emergency medical care immediately.
• Stay in a separate room from other household members, if possible.
• Use a separate bathroom, if possible.
• Avoid contact with other members of the household and pets.
• Don’t share personal household items, like cups, towels, and utensils.
• Wear a mask when around other people, if they are able to.

For residents of campus residence halls, plans are in place to provide meals and other essential services to individuals in isolation on campus or in contracted space.

**Duration of isolation**

A **symptomatic** person who is **not immunocompromised** must isolate for at least 10 days until:

- At least 10 days have passed since symptoms first appeared; and
- At least 24 hours have passed since last fever without fever-reducing medications; and
- Symptoms have improved.

A **symptomatic** person who is **immunocompromised** must isolate for at least 20 days until:

- At least 20 days have passed since symptoms first appeared; and
- At least 24 hours have passed since last fever without fever-reducing medications; and
- Symptoms have improved.

An **asymptomatic** person who is **not immunocompromised** must isolate for at least 10 days following the date of their first positive diagnostic test.

An **asymptomatic** person who is **immunocompromised** and must isolate for at least 20 days following the date of their first positive diagnostic test.