

# 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 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 comply with the following requirements for quarantine and additional precautions post-exposure. For additional information, see the University's [Precautions After COVID-19 Illness](#) and [Vaccination](#) guidelines.

### Up to date with vaccination

A person **does not need to Quarantine** if up to date with vaccination. Up to date with vaccination means:

- You are age 18 or older and have received all recommended vaccine doses, *including boosters*; OR
- You are age 5 to 17 and have completed the primary series of a COVID-19 vaccine; OR
- You had confirmed COVID-19 within the last 90 days (as documented with a positive antigen or PCR test).

However, you must take the following precautions:

- Wear a well-fitting mask must wear a mask in all public indoor settings (including off-campus) for 10 days
- Obtain a COVID test on day 5, if possible
- Self-monitor for symptoms of COVID-19 for 14 days following close contact; If symptoms develop, stay home and get tested

### Not up to date with vaccination

A person **must Quarantine for at least 5 days** after exposure if not up to date with vaccination. You are not up to date with vaccination if:

- You are age 18 or older and completed the primary series of recommended vaccine but have not received a recommended booster shot when eligible; OR
- You received the single-dose Johnson & Johnson vaccine (completing the primary series) over 2 months ago and have not received a recommended booster shot; OR
- You are not vaccinated against COVID at all or have not completed a primary vaccine series.

During Quarantine, stay home and follow Quarantine Procedures outlined below. In addition, you must:

- Continue to wear a well-fitting mask for 5 additional days after Quarantine
- Obtain a COVID test on day 5, if possible
- Self-monitor for symptoms of COVID-19 for 14 days following close contact; If symptoms develop, stay home and get tested

For a period of 10 days after exposure, including the Quarantine period:

- Wear a well-fitting mask when around others at home and in public
- Avoid people who are immunocompromised or at high risk for severe disease, and nursing homes and other high-risk settings
- If possible, stay away from people you live with, especially people who are at higher risk for getting very sick from COVID-19
- Avoid travel for 10 days

- Watch for fever (100.4°F or greater), cough, shortness of breath, or other COVID-19 symptoms; If symptoms develop, stay home and get tested

### Unable to wear a mask

Any person unable to wear a mask/face covering must Quarantine for 10 days following exposure.

## 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 and/or the University 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 **minimum duration of Quarantine is 5 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. However, individuals must continue to self-monitor for signs of illness through day 10. More information about Quarantine is available [here](#).

## Isolation

Individuals who have or think they may have COVID-19, regardless of vaccination status, must immediately isolate in accordance with RIDOH guidance: <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 by dialing 911
- 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

Isolation starts on the first day of symptoms (day 0) or the day of a positive test if there are no symptoms (day 0). **You must stay home and isolate for at least 5 days even if you do not have any symptoms.**

You may leave Isolation after 5 days if:

- You have no symptoms, or your symptoms have improved; AND
- You are fever-free for 24 hours without the use of fever-reducing medication; AND
- You did not have severe illness.

If you can leave Isolation after 5 days, you must take the following extra precautions for an additional 5 days (day 6-10):

- Wear a well-fitting mask when around others, even at home
- Avoid places where you are unable to always wear a mask, such as restaurants

- Avoid travel until 10 days after the day of your positive test
- Avoid people who are immunocompromised or at high risk for severe disease, and nursing homes and other high-risk settings, until after at least 10 days

If unable to wear a mask/face covering, you must Isolate for the full 10-day period.

**IMPORTANT:** University Contact Tracing staff will reach out to individuals who test positive for COVID-19 to advise of appropriate isolation and quarantine guidelines based on testing and contact tracing. Students are expected to participate fully in case interviews and adhere to the recommendations of the contact tracing team. When available, all positive cases who cannot safely travel home to isolate will be required to isolate in university offered space. Should isolation/quarantine space reach capacity, Health Service, working with Housing and Residential Life, Dining and other campus leaders will prioritize space based on greatest risk to the URI and larger community.