

Quarantine Overview

This document provides an overview of when Department of Homeless Services (DHS) clients should be quarantined due to a known exposure to someone with COVID-19 or recent travel.

Glossary

- **Index case** – Initial 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)
- **Isolation** – Separation from others of a person suspected or confirmed with 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 is for 14 days from the date of last exposure to the index case.

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 non-COVID-19 medical 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.

Quarantine of Close Contacts

Close contacts in an adult family (no children):

- If family members identified as close contacts have not been tested for COVID-19, are waiting for test results, or tested negative, the index case must isolate in a DHS isolation hotel, apart from family members.
 - Encourage close contacts who have not been tested to get tested.
- Family members identified as close contacts who have pending 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, move the close contacts to a DHS quarantine hotel.
- If family members refuse to 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 14 days after the end of the index case's isolation period (i.e., 14 days from date of last exposure).
- The DHS Medical Office provides case-specific consults; consult them as needed, including if you are uncertain of what to do.

Close contacts in families with children:

- 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.
 - 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 others, move the family to an isolation hotel.
 - Family members should maintain physically distanced 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 14 days after the end of the index case's isolation period.
- The DHS Medical Office provides case-specific consults; consult them as needed, including if you are uncertain of what to do.

Close contacts in Single Adult Shelters:

- 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 14 days.
 - Any other close contacts identified among clients must be quarantined at a DHS quarantine hotel.
 - Arrange testing for close contacts five days after the last day they were exposed to the index case or sooner if they develop symptoms.

- 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.
 - Arrange testing for close contacts five days after the last time 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 needing to 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 or right, above or 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.
 - Arrange testing for close contacts five days after the last time they were exposed to the index case or sooner if they develop symptoms.

General notes:

- The NYC Health Department will identify friends and associates at the shelter who the index case may have spent time in close contact with during their infectious period.
- Close contacts must be quarantined at a DHS quarantine hotel unless the facility has adequate space (i.e., separate bedroom and bathroom) to accommodate quarantine safely onsite.
- Additional recommendations may be made by the NYC Health Department as a result of their investigations.
- 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.



Quarantine of Returning Travelers

New York State (NYS) requires visitors and returning travelers arriving from a country or territory with a [CDC Level 2 or higher travel warning](#) and most U.S. states to quarantine upon arriving into NYS. Travelers from New Jersey, Connecticut, Pennsylvania, Massachusetts, and Vermont are exempt from travel quarantine requirements. Essential workers may work during travel quarantine if certain NYS requirements are met. All travelers (except travelers from exempt states) must complete the [Traveler Health Form](#).

This applies to new clients and existing clients who traveled out of NYS to another state, country, or territory. 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.

NYS allows for travelers to shorten the mandatory 14-day quarantine through testing, as follows:

For travelers who were outside NYS for 24 hours or more:

- Travelers must obtain a COVID-19 diagnostic test within 72 hours prior to arrival in New York.
- The traveler must quarantine upon arrival to NYS.
- On day four of their quarantine, the traveler must obtain another COVID-19 diagnostic test and continue to quarantine while awaiting the test result.
- If both tests are negative, the traveler may exit quarantine upon receipt of the second negative diagnostic test.
- If either of the two tests are positive, the traveler will be required to isolate for 14 days from date of the test (or date of symptom onset if symptomatic).
- If the traveler did NOT get tested prior to returning to NYS, they must:
 - Test on arrival if they are a new client.
 - Quarantine for the full 14 days regardless of any negative test results received upon arrival (whether they are new to DHS or returning clients).
 - Isolate for 14 days from date of test (or date of symptom onset if symptomatic) if positive.

For travelers who were outside NYS for less than 24 hours:

- The traveler does not need a test prior to their departure from the other state and does not need to quarantine upon arrival to NYS.
- The traveler must fill out the [Traveler Health Form](#) upon entry into NYS.
- The traveler must take a COVID-19 diagnostic test four days after their arrival to NYS.

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.