

CALCULATING ISOLATION AND QUARANTINE FROM DAY 0














Rhode Island Department of Health

CALCULATING
ISOLATION-
ASYMPTOMATIC
POSITIVE

If the individual is asymptomatic, we calculate their isolation based on the day their test was COLLECTED.

EXAMPLE: If an individual tested on January 7, that would be Day 0; you would begin counting 10 full days, and the 11th day they are free to return to school.

When we look to contact trace asymptomatic positive cases, we need to determine the Infectious Period (IP), which is the two days prior to the test collection date.














January 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 	6 	7 	8 	9 
10 	11 	12 	13 	14 	15 	16 
17 	18	Return to school		20	21	22
24	25	26	27	28	29	30
31						

CALCULATING
ISOLATION-
SYMPTOMATIC
POSITIVE

If the individual is symptomatic, we calculate their isolation based on the day their symptoms began.

EXAMPLE: If an individual reported symptoms on January 7, that would be Day 0; you would begin counting 10 full days, and the 11th day they are free to return to school.

When we look to contact trace symptomatic positive cases, we need to determine the Infectious Period (IP), which is the two days prior to symptom onset date.

January 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 	6 	7 	8 	9 
10 	11 	12 	13 	14 	15 	16 
17 	18	Return to school		20	21	22
24	25	26	27	28	29	30
31						

CALCULATING QUARANTINE

Quarantine begins on the last date of exposure to a positive case—that is Day 0. From there, count a full 10 days, and on the 11th day, they may return to school.

EXAMPLE: January 17th is the last day of isolation for the positive case (indicated in orange), and Day 0 for close contacts (indicated in red).

If they are asymptomatic, they may test on Day 5 at the earliest (indicated in yellow).

If they receive a negative test, they may leave quarantine on Day 8 (indicated in green).

If they are symptomatic or do not wish to test, they must finish 10 full days of quarantine. In this example, they can return to school on January 28th.

January 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7 ⁰	8 ¹	9 ²
10 ³	11 ⁴	12 ⁵	13 ⁶	14 ⁷	15 ⁸	16 ⁹
17 ¹⁰	18 ¹	19 ²	20 ³	21 ⁴	22 ⁵	23 ⁶
24 ⁷	25 ⁸	26 ⁹	27 ¹⁰	28	Return to school	30
31						

COVID-19 CLOSE CONTACT QUARANTINE CALCULATOR

A **close contact** is someone who has been within 6 feet of someone with COVID-19 for a combined total of 15 minutes or more in a 24-hour period. This includes contact with the infected person from 2 days before their symptoms started, or 2 days before they were tested if they don't have symptoms, until the time they started isolation.

Note: If a close contact has tested positive for COVID-19 in the past 90 days and has no symptoms, they do not have to quarantine.

All close contacts should **watch for symptoms for 14 days** after close contact with someone with COVID-19. If close contacts have any COVID-19 symptoms, they should isolate at home, call their healthcare provider, and get tested.

RIDOH recommends all close contacts of people with COVID-19 **get tested on day 5 or later of quarantine**. Learn more about testing at health.ri.gov/covid/testing

		Enter date below
Quarantine Options	Enter date of last close contact with infected person (mm/dd/yyyy): <small>(For a household close contact who cannot separate from the infected person, enter the date isolation ends for the infected person)</small>	1/4/2021
Quarantine for 14 days <small>Lowest risk for transmission to others: 0.1% - 3%*</small>	Quarantine until midnight on:	1/18/21
Quarantine for 10 days <small>Higher risk for transmission to others: 1% - 10%*</small>	Quarantine until midnight on:	1/14/21
Quarantine for 7 days AND take a test on day 5 or later <small>Highest risk for transmission to others: 5% - 12%*</small>	Earliest test date:	1/9/21
	Quarantine until midnight if test is negative: <small>(or until you get a negative test result after this date)</small>	1/11/21

* www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html
Updated: 12/16/20