

Quarantine and Isolation Fact Sheet For Assisted Living Facilities



Assisted living facilities (ALFs) are at high risk for SARS-CoV-2 spread due to their congregate nature and population served. This ALF-focused fact sheet highlights common recommendations and clarifications to promote best practices and alignment with [CDC](#) and [DHS](#) guidance. These infection control practices can help protect residents and staff from COVID-19 outbreaks that could contribute to severe infections and hospitalizations and can also be used to prevent spread of other communicable diseases.



What is the difference between [quarantine and isolation](#)?

- ◆ Quarantine separates and restricts the movement of people exposed to a contagious disease, such as COVID-19, to see if they become sick. Residents on quarantine should remain in their rooms to the extent possible during this period. If residents must leave their rooms, they should perform frequent hand hygiene, wear a cloth face covering or facemask if tolerated, and remain at least six feet away from others.
- ◆ Isolation separates sick people with a contagious disease from people who are not sick.



When do residents need to [quarantine](#) for 14 days?

- ◆ **Newly admitted residents and those readmitted after an overnight, inpatient hospital stay** should be placed on a [14-day observation/quarantine](#) and cared for with [all recommended personal protective equipment \(PPE\)](#) regardless of a negative COVID-19 test prior to admission. The incubation period for COVID-19 can be up to 14 days, so a resident may test positive at any time during those 14 days.
- ◆ **Residents who are exposed to COVID-19 through direct care from a staff person** who worked with [COVID-19 symptoms](#) or who worked in the 48 hours prior to the start of their symptoms should quarantine and be cared for with [all recommended PPE](#) until the staff's COVID-19 test result is known. If the staff is diagnosed with COVID-19, those residents should be cared for using [all recommended PPE](#) until 14 days after their last contact with the ill staff person.
- ◆ **Residents who are a close contact of someone with COVID-19** include those within six feet for at least 15 minutes in a 24-hour period or who had direct physical contact, shared eating or drinking utensils, or had that person sneeze, cough, or get respiratory droplets on them.





When do residents need to isolate?

- ◆ Residents who have symptoms of COVID-19 are required to [isolate](#) until:
 - At least 10 days have passed since symptoms first appeared and
 - At least 24 hours have passed since the last fever without fever-reducing medication and
 - Any other symptoms of COVID-19 have improved.
- ◆ Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation. However, for severe illness, healthcare providers may recommend longer isolation.
- ◆ Residents who have no symptoms (are asymptomatic) but have tested positive for COVID-19 (are infected) must isolate until at least 10 days have passed since the positive test was collected.



What **PPE** is required for quarantine and isolation?

- ◆ When entering a resident's room who is on 14-day observation/quarantine or who is in isolation for confirmed COVID-19 infection, staff should adhere to [CDC COVID-19 PPE \(standard precautions and transmission-based precautions\)](#) including:
 - NIOSH-approved N95 or equivalent or higher-level respirator. Use a surgical facemask if a respirator is not available or not fit-tested.
 - Gown.
 - Gloves.
 - Eye protection aside from personal eyewear. Face shields are preferred as they protect the face and facemask.
 - Frequent hand hygiene.
- ◆ If residents are not in observation/quarantine or isolation (i.e., if COVID-19 infection is not suspected based on symptom and exposure history), [standard precautions](#) are recommended. This includes a facemask, eye protection, gloves, and frequent hand hygiene. Gowns may also be recommended based on the care being provided.



For additional questions, contact:

- ◆ Your [Regional Director](#) in the Bureau of Assisted Living.
- ◆ DPH HAI Prevention Program: 608-267-7711, dhswhaipreventionprogram@dhs.wisconsin.gov.

