



COVID-19 Quarantine Guidance

Vista Autism Services follows the guidance outlined by the Pennsylvania Department of Health regarding quarantine.

General FAQ

What is a quarantine?

A quarantine is used to prevent the spread of disease by separating someone who might have been exposed to COVID-19 and may develop illness away from others. The recommended quarantine period for COVID-19 is 14 days.

Why would someone be asked to quarantine?

A quarantine is required when an individual has had close contact with someone who has a positive case of COVID-19. A quarantine is also being required for travel restrictions unless a negative test is received. [See PA DoH Travel Restrictions.](#)

What is a close contact?

A close contact is defined by the CDC as anyone who was within 6 feet of an infected person for at least 15 minutes starting from 48 hours before the person began feeling sick until the time the patient was isolated.

How long do I need to quarantine?

The recommended quarantine period is 14 days. However, the CDC and DoH recently updated their guidance for someone who is a close contact or has recently traveled. [Under the new DoH guidance](#), the quarantine period for **asymptomatic** individuals has been shortened from 14 days to 10 days from the date of exposure, as long as **no symptoms** were reported during daily monitoring. Under the new guidance, the quarantine period for **asymptomatic** individuals can be further reduced to no less than seven days as long as a negative COVID-19 test result is produced and specific testing criteria are met.

Can I receive a negative test instead of quarantine?

- If you are in quarantine due to travel outside of the Commonwealth, you will not need to quarantine if you receive a negative COVID-19 test.
- If you are considered a close contact of a case, you may reduce the quarantine period to no less than seven days as long as you are asymptomatic and a negative COVID-19 test result is received. In order to reduce the quarantine to seven days, the COVID-19 test must be taken no earlier than 48 hours before the time planned for quarantine discontinuation.

Are there exceptions to the quarantine recommendations?

The guidance provided by the DoH and CDC is based on simple COVID-19 exposures that are limited to one incident of exposure. Complex ongoing exposure such as a COVID-19 family member that is unable to isolate may require additional quarantine time. This is based on a number of factors which are best evaluated by trained contact tracers and/or DoH. Vista has trained contact tracers that will work with the individuals and the DoH on a case by case basis.