

# IMPORTANT: COVID-19 QUARANTINE AND ISOLATION FOR ROCKLAND RESIDENTS

For all Rockland County residents, if you are:

**EXPOSED to someone with COVID-19:**

- You **MUST** quarantine yourself in your home for 10 full days after the exposure. Self-monitor for symptoms for up to 14 days. Doing so will reduce possible spread of coronavirus to others.
- If you develop symptoms of COVID-19 during the 14-day period, follow the instructions below for someone who is not tested for COVID-19 and has symptoms.

**NOT TESTED for COVID-19 and have symptoms such as a cough, fever, shortness of breath, muscle aches, diarrhea, or loss of smell/taste:**

- Assume you have COVID-19 and immediately isolate yourself in your home and away from other people. Doing the following is necessary to protect others from coronavirus:
  - Isolate from others for 10 days since your symptoms started **AND**;
  - Until at least 72 hours without a fever **and** without taking medicine to reduce a fever **AND**;
  - If your other symptoms (see above) have improved.
  - Contact your health care provider to discuss evaluation and treatment
- You can leave isolation **ONLY** when you meet **ALL** the guidance.

**TESTED POSITIVE for COVID-19 and have symptoms (see above):**

- Contact your health care provider to discuss evaluation and treatment
- You **MUST**, by 'Commissioner's Isolation Order', stay in your home and away from other people (in public and your household) for **AT LEAST**:
  - 10 days since your symptoms started (or up to 20 days for persons with severe disease or severely immunocompromised) **AND**;
  - At least 72 hours without a fever **and** without taking medicine to reduce a fever **AND**;
  - Your other symptoms (see above) have improved.
- You can leave isolation **ONLY** when you meet **ALL** the guidance.
- After your isolation period ends, you must continue to wear a face mask and remain at least 6 feet (socially distant) from others not in your household and wash your hands often with soap and water for 20 seconds or use hand sanitizer with at least 60% alcohol.
- It is not recommended to re-test after completing isolation. Test results are often positive for weeks following COVID-19 infection even when the person is not infectious to others.

**TESTED POSITIVE for COVID-19 and have NO symptoms:**

- You **MUST**, by 'Commissioner's Isolation Order', stay in your home and away from other people (in public and your household) for **AT LEAST**:
  - 10 days after the date you were tested for which you received a positive result.
  - If you develop symptoms (see above) at any time during the 10 days of isolation, you **MUST** follow the instructions above for someone who has symptoms of COVID-19.

**OTHER IMPORTANT INFORMATION - TEST RESULTS:**

- COVID-19 test results must be given to you by the health care provider who ordered the test **OR**;
- You can get test results from the BioReference online patient portal if you were tested at a New York State run testing site.

# How To Quarantine and Isolate for COVID-19

If you were exposed to someone with coronavirus (COVID-19) or have been diagnosed with COVID-19, you must follow the guidance below. Quarantine is for someone exposed to COVID-19 and isolation is for someone diagnosed with COVID-19. Both reduce spread of the virus to others.

- ✓ A quarantine or isolation period must be taken seriously.
- ✓ COVID-19 quarantine is 10-days from the date of the last exposure to someone with COVID-19.
- ✓ COVID-19 isolation is at least 10 days from the start of symptoms or a positive test result from the day it was taken and may be longer.
- ✓ You must remain under quarantine or isolation for the full period of time.

## **STAY AT HOME:**

- You must stay away from other people for the entire quarantine or isolation period.
- You cannot go to work\*, school, religious services, or any other place away from your home except for getting medical care.
- You should not have guests in your home.

## **AT HOME:**

- As much as possible, you should stay in one specific room and away from other people in your home.
- You should use a separate bathroom, if available.
- If you need to share a bathroom, you must clean the bathroom after you use it every time.
- Food and other items that you need should be left outside your room door.
- You should not share dishes, drinking glasses/cups, eating utensils, towels, or bedding with other people or pets. After using these items, they should be washed thoroughly with soap and water.
- Allow fresh outdoor air to circulate in your home.

## **WEAR A FACE MASK:**

- If you must be around other people or pets, you should wear a facemask such as when sharing a room or vehicle. Your household members should wear a mask if they are in the same room with you.

## **HYGIENE:**

- Routinely clean and disinfect frequently touched objects and surfaces.
- Wash hands often with soap and warm water for at least 20 seconds or use hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your mouth and nose with a tissue or your sleeve/elbow (not your hands) when coughing or sneezing. If you use a tissue, throw it in the trash.

## **IF YOU FEEL SICK:**

- If you develop symptoms or symptoms worsen, call your doctor for further guidance.

Additional guidance is available on the Rockland County Department of Health COVID-19 website:

<http://rcklnd.us/covid19>

\* except essential employees in quarantine

Prevent the Spread of COVID-19!

