

2019 Novel Coronavirus (COVID-19) Isolation Information

If you test positive for COVID-2019, you should isolate yourself from other household and/or family members (those who live with you). Isolation is mandated until further notice. In addition, your household and/or family members should also remain at home under quarantine. This is also a mandatory requirement.

You should communicate to any close contacts you are aware of since the day you were symptomatic and 48 hours prior to symptom onset regarding your illness. You can refer them to www.suffolkcountyny.gov/suffolkcovid and the, "I was a close contact of someone who tested positive for COVID-2019. What do I do now?" button for more information. These contacts should be on mandatory quarantine and monitor their temperature and symptoms for fourteen days from the date of last contact. Close contacts should call their medical provider if they start to feel ill.

A close contact is defined as being within 6 ft. of a person displaying symptoms of COVID-2019 or someone who has tested positive of COVID-2019 for a prolonged period of time (ten minutes or more). A close contact may be less than ten minutes if someone was coughed or sneezed on by the individual who has tested positive.

If you are a healthcare worker or essential employee, your isolation requirements may vary and you may be able to return to work if certain conditions are met. Please consult with your employer regarding those requirements.

Isolation means you must stay separate from others to prevent the possible spread of COVID-2019.

- **You must stay at your residence during the period you are isolated.**
- You can live with other family members in your home, but you must stay in a separate bedroom and use a separate bathroom until the isolation period is over. Wear a mask covering your nose and mouth when you have to be in common areas of the house.
- You will need to take your temperature with a thermometer twice a day: in the morning and later in the day and record your temperature on a sheet of paper or electronically.
- Call your doctor if you are feeling ill with symptoms like fever, cough, or shortness of breath. Go to the emergency room if you are having trouble breathing. You should wear a mask if going to doctor's office or hospital. Call ahead to let the facility know that you have COVID-2019.
- During this period, you should avoid close contact for social or dining activities. Food should be delivered to your individual quarters.
- If you have a true emergency, call 911 and let the person that answers know that you are under isolation for novel coronavirus.
- If you have any questions or if you need assistance with daily living (e.g. food, laundry, etc.), please call 311.
- If you have concerns about your employment status, SCDHS can provide you with a letter asking your employer to excuse you from work.
- You will be advised by the SCDHS in consultation with the New York State Department of Health when your isolation period will end. When your symptoms resolve, you should contact the SCDHS to review ending the isolation period. Call 311 and ask to speak with a public health nurse regarding end of isolation period.
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- By signing below, I acknowledge that I have been provided with a copy of the isolation guidelines of the Health Department.
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- _____
- Signature
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- Employee Name: _____ ID Number _____