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**Suffolk County Government**  
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## 2019 Novel Coronavirus (COVID-19) Quarantine Information

I had contact with someone who has tested positive for COVID-2019. What do I do now?

If you are a close contact of someone who was symptomatic at the time of contact and has tested positive, you will need to quarantine yourself for fourteen (14) days from the date of contact. This a mandatory requirement.

New York State defines a close contact as being within 6 ft. of a person displaying symptoms of COVID-2019 or someone who has tested positive of COVID-2019.

Quarantine means you must stay separate from others in the community for a total period of 14 days from the day of contact to prevent the possible spread of Covid-19 illness.

- You must stay at your residence all the time, during the period you are quarantined. You should avoid having company at your residence, and keep a log (list of names, phone number, and addresses) of anyone who goes into or out of your residence while you are under quarantine. Others in your residence are not restricted from their activities.
- 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 in a temperature log.
- You can live with other family members in your home, but you should sleep in a separate bedroom and use a separate bathroom until the quarantine period is over.
- During this time period, you should avoid close contact of social and dining activities. Food should be delivered to your individual quarters.
- You may walk outside your house on your own property, but should not come within six feet of neighbors or other members of the public. You must refrain from walking in your neighborhood.
- Symptoms of Covid-19 include: fever, cough, and / or shortness of breath. If you develop any of these symptoms, you should put on a face mask immediately to prevent other people in your household from becoming sick.
- If you have a true emergency, call 911 and let the person that answers know that you are under quarantine for Covid-19.
- If you have any questions or if you need assistance with daily living (e.g. food, laundry, etc.), you can call 311 and ask for assistance.
- If you have concerns about your employment status, SCDHS can provide you with a letter asking your employer or school to excuse you from work or school.

# Suffolk County Government

## H. Lee Dennison Bldg

100 Veterans Memorial Hwy  
P.O. Box 6100  
Hauppauge, NY 11788

## Riverhead County Center

County Road 51  
Riverhead, NY 11901



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