

If you test positive for COVID-19, or if you have symptoms and are awaiting test results, stay home and follow these key actions for Isolation. Share these Quarantine key actions with close contacts you may have.



ISOLATION - 10 days

(confirmed positive test)

- * Stay home
- * Monitor your symptoms
- * If you have an emergency warning sign, seek emergency medical care immediately
- * Stay in a separate room
- * Use a separate bathroom
- * Avoid contact with other members of the household and pets.
- * Don't share personal household items
- * Wear a mask



QUARANTINE -

(close contact to a confirmed positive case)

- If no symptoms: 10 day quarantine period and monitor for symptoms through Day 14
- If experiencing symptoms: 14 day quarantine period
- * Stay home
- * Watch for fever (100°F), cough, shortness of breath, or other symptoms of COVID-19
- * Stay away from others, especially people who are at higher risk for getting very sick
- * Get tested and wear a mask

Note: People are considered fully vaccinated: 2 weeks after their second dose in a 2-dose series (such as the Pfizer or Moderna vaccines), or 2 weeks after a single-dose vaccine (such as Johnson & Johnson's Janssen vaccine). Asymptomatic individuals (without symptoms of COVID-19) who have been fully vaccinated against COVID-19 do not need to quarantine after exposure to COVID-19. For more information about NYS Quarantine visit - <https://coronavirus.health.ny.gov/large-gatherings-and-quarantines>

Call your primary care provider with questions about your own health and for advice on managing symptoms. If you are having trouble breathing or are experiencing severe symptoms, call 9-1-1 and inform them that you are in isolation or quarantine for COVID-19.