

INFORMATION ON QUARANTINE



According to the CDC, quarantine keeps someone who might have been exposed to the virus away from others.

What to do if you have been exposed to or designated a close contact of someone who tested positive with COVID-19?

What counts as close contact?

- You were within 6 feet of someone who has COVID-19 for a cumulative total of 15 minutes or more, over a 24 hour period, starting from 2 days before illness onset (or for asymptomatic persons, 2 days prior to test specimen collection) until the time the infected person was isolated.

Follow all directives and timelines from the Health Department.

Guidelines per the New York State Department of Health:

- Individuals must quarantine for a full 10 days after the date of their exposure. A 10-day quarantine would be extended if you have any additional exposure **OR** continued exposure to anyone with COVID-19.
- Individuals must continue daily symptom monitoring through Day 14
- If at any time during this 14 day period, symptoms of COVID-19 develop, you must isolate and contact your healthcare provider or the local health department to report this change in status. In collaboration with your healthcare provider/local health department, a recommendation for COVID testing would be determined. (If you test positive, you would be placed in isolation and contact tracing would commence).
- If an individual seeks COVID testing following an exposure, follow your doctor's advice. Testing may be more accurate if done approximately 5-7 days after being exposed.
- **All individuals must quarantine while awaiting the results of a COVID test.**

~The 10 day quarantine requirement also applies to travelers who did not follow the testing requirements per the NYS Travel Advisory.

INFORMATION ON ISOLATION

According to the CDC, isolation is used to separate people infected with COVID-19 from those who are not.

Follow all directives and timelines from the Health Department.

Guidelines per the New York State Department of Health:

- Individuals testing positive for COVID-19 **with** symptoms: must isolate for a full 10 days after illness onset and at least 3 days after recovery. (Recovery is defined as resolution of fever without the use of fever-reducing medications and progressive improvement in symptoms). Isolation would be extended if 3 days have not passed since resolution of fever or improvement in symptoms.
- Individuals testing positive for COVID-19 **without** symptoms must isolate for a full 10 days following their positive COVID test, providing they have not had any subsequent illness. If at any point you become ill, contact your health care provider and the local health department to inform them of this change in status as that may extend your isolation release date.

How to Quarantine or Isolate

Tips from the Health Department

1. **Do not** leave your home for any reason, (except to get urgent medical care) for the entire time you are under isolation or quarantine. If you need to leave for urgent medical care, call your doctor before you go. Tell your doctor you are in isolation or are in quarantine due to COVID 19. Do not take public transportation, ride shares or taxis to your doctor appointment. Wear a mask at all times and maintain social distance.
2. **Do not** go to work, school, grocery stores or any other public spaces.
3. **If necessary**, arrange to have food and medical supplies brought to your home and left outside the door. If you are unable to arrange this, call the Onondaga County Health Department at 315-435-3155.
4. **Inform** all household members of your isolation/quarantine status.
5. **No Visitors!** No one is allowed at your home except those who you already live with.
6. **If you are in isolation**, or you are having symptoms, stay in a specific 'sick' room and away from other people in your home. No one besides you is allowed in this area, including pets.
7. **Use a separate bathroom**, if available. If there is one shared bathroom, disinfect all touched surfaces after using. Wear gloves while cleaning. Do not share towels, bed sheets/blankets with other people in your home.
8. Limit your time in common household areas such as bathroom and kitchen. Wear a mask whenever you need to leave your 'sick' room, maintain 6 feet of distance at all times and limit your time near others to five minutes or less.
9. **Never share eating or drinking utensils.** Wash dishes/utensils in dishwasher or by hand with warm water and soap. Clean all surfaces that are touched often, like counters, tabletops and doorknobs. Wear gloves while cleaning.
10. **Cover your mouth** with tissue when coughing or sneezing. Throw tissues (and other sick room items, ie masks, gloves) in a lined trash can. Tie the trash bag closed and put out with household trash.
11. **Wash hands often** for at least 20 seconds with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
12. **You can** walk outside your house on your own property only, wear a mask and do not come within 6 feet of another person.
13. The Onondaga Health Department recommends you enroll in the NYS text message system (NYSMMS) to report your temperature twice a day. The OCHD will check on you if you report signs or symptoms.

If you or someone you know has COVID-19 emergency warning signs (trouble breathing, persistent chest pain, new confusion, inability to wake or stay awake, or bluish lips or face), seek emergency care immediately. Call 911. Notify the dispatch personnel that you are in quarantine or in isolation due to COVID-19.

