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QUARANTINE:

Tell your close contacts that they need to quarantine

Your close contacts need to know that they could be infected and need to quarantine for 14 days after their last contact with you. Give them the [home quarantine instructions](#) (below). Your close contacts must quarantine even if they feel well.

Definition of a Close Contact

A “close contact” is any of the following people who were exposed to you while you were infectious:

- a. Any person who was within 6 feet of you for at least 15 minutes
- b. Any person who had unprotected contact with your body fluids and/or secretions. For example, you coughed or sneezed on them, you shared utensils, a cup, or saliva with them, or they cared for you without wearing appropriate protective equipment.

You are considered to be infectious (you can spread COVID-19 to others) from 2 days before your symptoms first appeared until your home isolation ends. If you tested positive for COVID-19 but never had any symptoms, you are considered to be infectious from 2 days before your test was taken until 10 days after your test.

Home Care

Most people with COVID-19 have mild illness and can recover at home. Here are steps that you can take to help you get better:

- Rest and drink plenty of fluids
- Take over-the-counter medicine such as acetaminophen (Tylenol®) to reduce fever and pain. Note that children younger than age 2 should not be given any over-the-counter cold medications without first speaking with a provider.
- Make a note of when your symptoms started and continue to monitor your health.

Seeking Medical Care

Stay in touch with your provider and seek medical care if your symptoms get worse. If you are age 65 years or older or have an [underlying medical condition](#) it is especially important to call your provider as you may be at a higher risk of serious illness.

Call 911 if there are emergency warning signs

- Difficulty Breathing

- Pressure or Pain in Chest
- Bluish Lips or Face
- Confused or Hard to Wake
- Other Serious Symptoms

People with emergency warning signs should call 911. If it's not urgent, call your provider before visiting.

PROTECT OTHERS

Follow the steps below to help prevent the disease from spreading to others in your home and your community.

Separate yourself from others in your home

- If you need to be in the same room as other people, set it up so that you can stay 6 feet apart if possible. It is important to stay away from people who are at [higher risk of serious illness](#).
- Use a separate bathroom. If this is not possible, disinfect the bathroom after use (see cleaning information [below](#)).
- Open windows or use a fan or an air conditioner in shared spaces in the home.
- Do not allow non-essential visitors.
- Do not handle pets or other animals.

Anyone who continues to be in close contact with you will need to stay in quarantine for longer.

Wear a facemask or cloth face cover when you are around others

- Wear a disposable facemask when you are around other people. If you do not have a facemask, wear a cloth face cover. Do not use either if you have trouble breathing, or are unable to remove it without help, or you have been told not to wear one by a medical provider.
- If you are not able to wear a facemask or face cover, then people who live with you should avoid being in the same room with you. If they must enter the room you are in, they should wear a facemask (or if they don't have one, a cloth face covering). After leaving the room, they should immediately clean their hands, then remove and dispose of their facemask, and clean their hands again.
- *Use masks and face coverings with caution with children.* Infants and children under 2 should not wear cloth face coverings. Those between the ages of 2 and 8 should use them under adult supervision to ensure that the child can breathe safely and avoid choking or suffocation.

Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can after each use. Wash your hands or use hand sanitizer after you cough or sneeze.

Avoid sharing food or personal household items

- Do not prepare or serve food to others.
- Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home.
- Make sure to wash your dishes, drinking glasses, and eating utensils with soap and water after each use.

Clean your hands often

- Wash your hands often, especially after blowing your nose, coughing, or sneezing; going to the bathroom; before eating or preparing food; and after touching your face mask or cover. Use soap and water for at least 20 seconds.
- If soap and water are not available, clean your hands with a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub hands together for 30 seconds until they feel dry. Use soap and water if your hands are visibly dirty.

Clean and disinfect all “high-touch” surfaces every day

- Clean and disinfect high-touch surfaces e.g. counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
- Clean and disinfect any surfaces that may have body fluids on them.
- Use household cleaning and disinfectant sprays or wipes. Be sure to follow the product label instructions.
- If caregivers and household contacts clean or come into contact with your body fluids or secretions (such as sweat, saliva, sputum, nasal mucus, vomit, urine, or diarrhea) they should wear a disposable facemask and gloves. After cleaning, they should remove and dispose of their gloves first, clean their hands, then remove and dispose of their facemask, and clean their hands again.

TALK TO PUBLIC HEALTH - Contact Tracing

Contact tracing is a simple, confidential process that is being used to help slow the spread of COVID-19.

- If you test positive for COVID-19, you will receive a call from a public health specialist. Please do your part by taking the call and answering some questions about the places you have been and the people you have been around while you were infectious.
- The people you tell the specialist about will be contacted and asked to stay home to help prevent others from getting sick. They will not be told your name or contact information. The specialist will also answer any questions you may have and share information about services.

Length of quarantine period

- You need to stay in quarantine for 14 days from when you last had close contact with the infectious person. The infected person should follow [Home Isolation Instructions for People with COVID-19](#).
- If you continue to live with or care for the infected person, the amount of time you have to quarantine depends on the type of contact that you have - find the situation that is most like yours in the section “[How do I calculate the end date of my quarantine period](#)” at the end of this guidance.
- If you don’t know when you were exposed to the infected person and you received a Public Health Emergency Quarantine Order, your last day of quarantine is 14 days from the date the order was issued.

Restrictions during quarantine

To prevent you from unintentionally spreading COVID-19 to uninfected people, you must restrict activities and limit all movements that may put you in contact with others during the quarantine period.

- Stay home. Do not go to work, school, or public areas. You may only leave your place of quarantine or enter another public or private place to get necessary medical care.
- Do not allow visitors.
- Separate yourself from others in your home (unless they are also in quarantine).
 - Stay in a specific room and away from other people in your home. It is very important to stay away from people who are at higher risk of serious illness. This includes people who are age 65 years or older or have a health problem such as a chronic disease or a weak immune system.
 - Use a separate bathroom, if available.
 - Stay at least 6 feet away from others. When this is not possible, wear a cloth face covering.
- Do not handle pets or other animals.
- Do not prepare or serve food to others.

Returning to work or school

- When your quarantine period ends, you can resume your usual activities, including returning to work and/or school. You should not need a letter from Public Health or a negative test to return to work or school.
- If you developed symptoms, you need to follow the [Home Isolation Instructions](#) for returning to work or school.

TESTING FOR COVID-19

As a close contact to someone with COVID-19, it is recommended that you get tested.

- To get a test, call your provider or Rockville Centre Pharmacy.
 - If you got an email from Public Health, take it with you in case the facility asks for proof that you are a contact to someone with COVID-19
 - Take precautions when you go to get the test, so you don't unintentionally infect other people. See [If you do have to go out for medical care or for COVID-19 testing](#) below.
- If your test result is positive:
 - It means that you have COVID-19
 - You need to follow the [Home Isolation Instructions for People with COVID-19](#).
 - You need to tell all of your close contacts to quarantine and give them these instructions.
- If your test result is negative:
 - You may still be infected, but it is too early to show on the test.
 - You need to stay in quarantine until 14 days after your last exposure to the infected person.
 - Monitor your symptoms and follow the instructions below.

MONITOR YOUR HEALTH

Know what to do if you develop symptoms

- It is important to monitor your health for [signs and symptoms of COVID-19](#) which may include the following: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, sore throat, nausea or vomiting, diarrhea, congestion or runny nose, or new loss of taste or smell. This list of symptoms is not all inclusive.

- If you develop any of these symptoms or any other symptoms that are concerning to you, consult your medical provider. Tell them that you are a contact to someone with COVID-19. If you are having serious symptoms such as difficulty breathing, feel pain or pressure in your chest, have bluish lips or face or are experiencing a new onset of confusion or difficulty waking up, call 911 or go to an emergency room.
- Make a note of when your symptoms started and follow the guidance [Home Isolation Instructions for People with COVID-19](#).

Steps to take when getting medical care or COVID-19 testing

- Wear a surgical mask. If you don't have one, wear a cloth face covering.
 - Note: Infants and children under the age of 2 should not wear cloth face coverings. Children between the ages of 2 and 8 should use them but under adult supervision to ensure that the child can breathe safely and avoid choking or suffocation. A mask or cloth face covering should not be placed on anyone who has trouble breathing or is unable to remove it without assistance.
- Use a private vehicle if possible. If you cannot drive yourself, be sure to keep as much distance as possible between you and the driver, wear a cloth face covering, if possible, and leave windows down. You should not use public transportation.

TALK TO PUBLIC HEALTH - Contact Tracing

- If you have been in contact with someone with COVID-19, you may receive a call from a public health specialist. If you get a call, text or e-mail message from NYS or Nassau County Department of Health, please do your part by taking the call and answering some questions about your health and the places you have been.
- The specialist can answer your questions and provide information about services like how to get a COVID-19 test or find a provider or get help while you are in quarantine.

How to calculate when your quarantine period ends

You will need to stay in quarantine for 14 days from the date that you last had close contact with an infected person.

I. YOU HAVE NO FURTHER CONTACT WITH THE INFECTED PERSON

- A. Your last day of quarantine is 14 days from the date when you last had close contact with them.

Example:

Your last close contact with the infected person: January 1

+

14 Days

=

Your last day in quarantine: January 15

II. YOU CONTINUE TO HAVE CONTACT WITH THE INFECTED PERSON

For example, you live with and/or care for the person with COVID-19

- A. If you can avoid close contact, your last day of quarantine is 14 days from the date the infected person(s) in your household started to follow Home Isolation Instructions for People with COVID-19.

Example:

Infected person(s) started to follow Home Isolation Instructions: January 5

+

14 Day

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Your last day in quarantine: January 19

- B. If you have close contact, with that person at any point, the 14-day quarantine period will have to restart from the last day that you had close contact.

Example:

You started quarantine: January 5

→

You had another close contact with infected person: January 8

+

14 Days

=

Your last day in quarantine: January 22

- C. If you cannot avoid close contact, your last day of quarantine is 14 days from the date that the infected person was told that they are “cleared” to stop their isolation.

Example:

Infected person cleared to stop isolation: January 15

+

14 Days

=

Your last date in quarantine: January 29

III. YOU RECEIVED A QUARANTINE ORDER BUT DON'T KNOW WHEN YOU WERE EXPOSED

- A. Your last day of quarantine is 14 days from the date of issue on the Order.

Example:

Issue date on the quarantine order: January 20

+

14 Days

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Your last date in quarantine: February 3