

Suffolk County Department of Health Services (SCDHS)

COVID-19 Quarantine Information Sheet

Quarantine for potential exposure to COVID-19 is required if:

- You were in **close contact** or **proximate contact** with someone who has tested positive for COVID-19, and:
 - If the person is symptomatic: you had contact with them while they had symptoms or within the 48 hours before their symptoms started, or
 - if the person is asymptomatic, you had contact with them within 48 hours of when their COVID-19 test was collected; or
- You have recently **traveled** to New York from a state with **significant community spread** of COVID-19 (defined as either a seven-day rolling average of over 10% of all COVID-19 tests producing a positive result, or the number of positive cases exceeding 10 per 100,000 residents), and spent at least 24 hours in one or more affected states; or
- You are returning to the U.S. after **traveling internationally**.

What is close contact? “Close contact” for COVID-19 is defined as being within six feet of someone who is either displaying symptoms of COVID- 2019 or has tested positive for COVID-2019 for a prolonged period of time (ten minutes or more). You would also be considered a close contact if someone who has tested positive for COVID-19 coughed or sneezed on you.

What is proximate contact? “Proximate contact” for COVID-19 is defined as being in the same enclosed environment such as a classroom, office, or gatherings but greater than 6 ft from a person displaying symptoms of COVID-19 or someone who has tested positive for COVID-19.

Quarantine means you must stay separate from others in your household and community for a total period of 14 days from your last day of potential exposure – either your last day of contact with an infected person, or your last day of travel in an impacted region. This will help prevent the spread of COVID-19 illness.

If you are a healthcare worker or essential employee, your quarantine 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.

Quarantine instructions:

- Someone from the New York State Contact Tracing Initiative or the Suffolk County Department of Health Services will be calling to check on you every day until the end of your quarantine period. Please answer the phone when they call.
- During the quarantine period, you should stay in separate quarters with a separate bathroom facility for each individual or family group under quarantine. Access to a sink with soap, water, and paper towels is necessary.
- You must not be in public or otherwise leave your quarantine quarters.

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- Any shared bathroom should be stocked with cleaning supplies (e.g. household cleaning wipes, bleach), and the bathroom should be cleaned frequently.
- You must have a way to immediately self-quarantine from household members if you develop fever or other symptoms, in a separate room(s) with a separate door. As you might become ill while sleeping, you should sleep in a separate bedroom from household members.
- You should have food delivered to your quarters, and not eat meals together with household members.
- You should have a supply of face masks you can put on if you become symptomatic.
- Garbage must be bagged and left outside for routine pick up. Special handling is not required.
- You should take your temperature twice a day and record it in a temperature log. You should also self-monitor for any symptoms of COVID-19 (see below).
- The most common 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. Other possible symptoms include fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting, or diarrhea.
- If you have a true emergency, call 911 and let the person that answers know that you are under quarantine for COVID-19. Some signs of an emergency include:
 - Trouble breathing
 - Persistent pain or pressure in the chest
 - New confusion
 - Inability to wake or stay awake
 - Bluish lips or face
- Others in your residence are not restricted from their activities, unless they are also under quarantine because they are contacts to someone with COVID-19 or have traveled to an area with significant community spread, or they have confirmed or suspected COVID-19 disease.
- If you have any questions, need assistance with daily living (e.g. food, medication, etc.), or have concerns about your employment status or school attendance, please discuss these issues with the representative from the New York State Contact Tracing Initiative or Suffolk County Department of Health Services (SCDHS) who contacts you for daily monitoring. You may also call 311 to request assistance.
- You will be advised by the New York State Contact Tracing Initiative or the SCDHS when your quarantine period will end, and will receive a letter clearing you from quarantine at that time.