

What to do if you test positive for COVID-19

Isolate yourself. Isolation means you must stay separate from others, including the people you live with, to prevent the possible spread of COVID-19. Specific instructions for isolation are below. Isolation is mandated until further notice.

People who live with you should also remain at home under quarantine. This is also a mandatory requirement.

Make a list of close and proximate contacts. Include any people you have interacted with since you started to feel sick, and for 48 hours before your symptoms started, or if you have had no symptoms, within 48 hours of when you were tested for COVID-19. These individuals will be contacted and advised to quarantine to help stop the spread of COVID-19. Your name will not be shared.

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-19 or has tested positive for COVID-19 for a prolonged period of time (ten minutes or more). Someone would also be considered a close contact if a person who tested positive for COVID-19 coughed or sneezed on them.

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.

When can I go back to work? Return-to work criteria vary depending on the type of work you do. Please consult with your employer regarding these requirements.

Isolation Instructions:

- Someone from the Suffolk County Department of Health Services will be calling to check on you every day until the end of your isolation period. Please answer the phone when they call.
- Stay home, except to visit a doctor or hospital.
- Avoid using public transportation such as subways, buses, and taxis.
- Don't have visitors.
- Separate yourself in a room that is not shared with others. Stay at least six feet away from others at all times.
- Use a separate bathroom, if possible, and disinfect after each use.
- Arrange for food, medicine, and other supplies to be left at your door.
- Cover your coughs and sneezes. Throw away used tissues. Bag your trash and leave outside your door.
- Don't touch pets.
- Arrange for others to care for your children, if possible.
- Wear a face mask if you must be around others.
- Wash your hands often with soap and water for 20 seconds each time, or if unavailable, use hand sanitizer with at least 60% alcohol.

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- Take your temperature with a thermometer at least twice a day, and record your temperature on a sheet of paper or electronically.
- Call your doctor if you are feeling ill with symptoms like fever, cough, or shortness of breath. Go to the emergency room if you are having trouble breathing. You should wear a mask if going to doctor's office or hospital. Call ahead to let the facility know that you have COVID-19.
- If you have a true emergency, call 911 and let the person that answers know that you are under isolation 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
- 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 Suffolk County Department of Health Services (SCDHS) during your daily monitoring call, or call 311.
- You will be advised by the SCDHS when your isolation period will end, and will receive a letter clearing you from isolation at that time.