

# IMPORTANT: COVID-19 QUARANTINE AND ISOLATION FOR ROCKLAND RESIDENTS

For all Rockland County residents, if you are:

**EXPOSED to someone with COVID-19:**

- You **MUST** quarantine yourself in your home for 14 full days after the exposure.
- If you develop symptoms of COVID-19 during the 14-day quarantine, follow the instructions below for someone who is not tested for COVID-19 and has symptoms.

**NOT TESTED for COVID-19 and have symptoms such as a cough, fever, shortness of breath, muscle aches, diarrhea, or loss of smell/taste:**

- Assume you have COVID-19 and isolate yourself in your home and away from other people for AT LEAST:
  - 10 days since your symptoms started AND;
  - At least 24 hours without a fever and without taking medicine to reduce a fever AND;
  - Your other symptoms (see above) have improved.
- You can leave isolation **ONLY** when you meet ALL the guidance.

**TESTED POSITIVE for COVID-19 and have symptoms (see above):**

- Contact your health care provider to discuss evaluation and treatment
- You **MUST**, by 'Commissioner's Isolation Order', stay in your home and away from other people (in public and your household) for AT LEAST:
  - 10 days since your symptoms started (or up to 20 days for persons with severe disease or severely immunocompromised) AND;
  - At least 24 hours without a fever and without taking medicine to reduce a fever AND;
  - Your other symptoms (see above) have improved.
- You can leave isolation **ONLY** when you meet ALL the guidance.
- After isolation ends, you must continue to wash your hands often with soap and water for 20 seconds, clean surfaces, and avoid close contact with older adults and anyone with serious health problems.
- If you re-test and have a positive test result, you must stay in your home and away from other people (in public and your household) for 10 days from the most recent date of testing.

**TESTED POSITIVE for COVID-19 and have NO symptoms:**

- You **MUST**, by 'Commissioner's Isolation Order', stay in your home and away from other people (in public and your household) for AT LEAST:
  - 10 days after the date you were tested.
  - If you develop symptoms (see above) at any time during the 10 days of isolation, you **MUST** follow the instructions above for someone who has symptoms of COVID-19.

**OTHER IMPORTANT INFORMATION - TEST RESULTS:**

- COVID-19 test results must be given to you by the health care provider who ordered the test OR;
- You can get test results from the BioReference online patient portal if you were tested at a New York State run testing site.