

How To Quarantine and Isolate for COVID-19

If you were potentially exposed to or have been diagnosed with coronavirus (COVID-19), you must follow the guidance below.

- ✓ A quarantine or isolation period must be taken seriously.
- ✓ COVID-19 quarantine is 14-days from the date of the last exposure to someone with COVID-19.
- ✓ COVID-19 isolation is at least 10 days from the start of symptoms or a positive test result (day it was taken).
- ✓ You must remain under quarantine or isolation for the full period of time.

STAY AT HOME:

- You must stay away from other people for the entire quarantine period.
- You cannot go to work*, school, religious services, or any other place away from your home.
- You should not have guests in your home.
- You should stay at home, except for getting medical care.

AT HOME:

- As much as possible, you should stay in one specific room and away from other people in your home.
- If you cannot stay away from other people in your home, wear a mask. Your household members should wear a mask if they are in the same room with you.
- You should use a separate bathroom, if available.
- If you need to share a bathroom, you must clean the bathroom after you use it every time.
- Food and other items that you need should be left outside your room door.
- You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets. After using these items, they should be washed thoroughly with soap and water.

WEAR A FACE MASK:

- If you must be around other people or pets, you should wear a facemask (sharing a room or vehicle).
- Wear a face mask at all times when indoors.

HYGIENE:

- Routinely clean and disinfect frequently touched objects and surfaces.
- Wash hands often with soap and warm water for at least 20 seconds.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your mouth and nose with a tissue or your sleeve/elbow (not your hands) when coughing or sneezing. If you use a tissue, throw it in the trash.

IF YOU FEEL SICK:

- If you develop symptoms or symptoms worsen, call your doctor for further guidance.

Additional guidance from the CDC on preparing your household for Coronavirus is available on the Rockland County Department of Health COVID-19 website: <http://rcklnd.us/covid19>

* except essential employees in quarantine

