Herkimer County Optional 7-Day Quarantine Test-Out

What is it?

After contact with a COVID-19 positive individual, you may opt to complete a 7-day quarantine and exit on the 8th day*, **IF you meet the following conditions**:

How do I qualify?

- You were reported by a positive person as a close-contact to the state contact tracers
- You received initial quarantine orders via e-mail
- You are ASYMPTOMATIC the <u>entire</u> <u>time</u> (NO COVID-19 symptoms*)
- You have a NEGATIVE TEST on Day 6+ (any test type) at a facility that reports to NY state
- You send an e-mail with your result to health department (below) requesting release
- You receive release paperwork from the health department & resume normal activities

*If at any point you develop symptoms, you must begin a 10-day isolation and get tested

Test-out timeline and instructions

Day 0	Exposure date (make sure the positive individual reports you as a contact to NY state)
Day 0-5	Quarantine
Day 6	Get a negative test from facility and notify Herkimer Co. Public Health**
Day 7	Herkimer Co. Public Health will send your release paperwork to the e-mail on file in the state tracing system (the same email you gave to receive your quarantine orders)
Day 8	You may return to normal activities IF you have the release e-mail <u>AND NO SYMPTOMS</u>
Day 8-14	Return to normal activities; monitor for any symptoms; wear a mask through day 14

**NOTE: Include your Name, DOB, Phone # and a pic/pdf etc. of test result in email. If you do not attach your result, we will have to verify it in the state reporting system. Facility reporting to the state can take 24-72 hours post-test, so it is best to e-mail proof of the negative directly to our department

HERKIMER COUNTY TEST-OUT E-MAIL
<u>covidtestout@herkimercounty.org</u>

If you scan the QR code to the right, your phone will automatically start an email to the health department. Attach your Day 6+ negative test result, receive release on day 7 and return to normal activities on day 8!

Questions or Comments?
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