COVID-19

WHEN SHOULD YOU QUARANTINE?

ISOLATION OR QUARANTINE?

- **Quarantine** keeps someone who might have been exposed to the virus away from others.
- **Isolation** keeps someone who is infected with the virus away from others, even in their home.

WHO NEEDS TO QUARANTINE?

- If you have had close contact with someone who is sick, you should quarantine for 14 days from the last time you had contact with that person.
- If you have a fever, stay home for at least 24 hours after your fever is gone on its own.
- If a contact tracer contacts you, follow their instructions, which includes quarantining.

WHAT IS A CLOSE CONTACT?

- You were within 6 feet of someone who has COVID for a total of 15 minutes or more.
- You provided care at home to someone who is sick with COVID.
- You had direct physical contact with the person.
- You shared eating or drinking utensils.
- They sneezed, coughed, or got respiratory droplets on you.

STEPS TO TAKE:

- Stay home for 14 days after your last contact with a person who has COVID.
- Watch for fever (100.4 ∘ F), cough, shortness of breath, or other symptoms of COVID.
- If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID.

STAY SAFE
**STAY HOME**
STAY HEALTHY

HOW LONG TO QUARANTINE?

- You should stay home for 14 days after your last contact with a person who has COVID-19.
- **Even if you test negative** or feel healthy, you should stay home (quarantine) since symptoms may appear between 2 and 14 days after exposure to the virus.

FINDING A TEST SITE:

- New York State continues to increase testing capacity for COVID-19 on a daily basis.
- Individuals who have questions regarding eligibility or access for testing should:
  - Call the COVID-19 Hotline at **1-888-364-3065**
  - Visit **covid19screening.health.ny.gov**
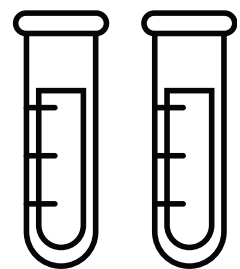
FIND MORE INFORMATION ONLINE FROM
THE NEW YORK STATE DEPARTMENT OF HEALTH