Quarantine Guidance

Action Steps for Individuals Who Are at Risk for 2019 Novel Coronavirus Infection

You are receiving this information because you are considered at risk for the novel Coronavirus, referred to as COVID-19. COVID-19 is an infection with a new type of coronavirus. It may cause a mild respiratory illness (similar to the common cold) or it may cause severe breathing problems and even death. The 2019 novel coronavirus can be transmitted to another person, possibly before it causes you to feel sick. To protect yourself, your family and other members of the community, you should follow the prevention and self-care steps below until the health department says you can return to your normal activities.

What does this mean?

- The individual should remain separate from the rest of their family in a room separate from others and with a bathroom to themselves. If sharing a bathroom, it must be cleaned after every use. Individual should wear face mask whenever in shared bathroom (except when washing face and/or showering).
- The individual should not have face to face contact with family members closer than 6 feet for a 14 day period. If an individual must be in a room that others use then the individual should wear a face mask (this is true even if others are not in the room).
- The individual should be closely monitored for symptoms such as a temperature above 100.5, cough, or other signs of feeling unwell. If such signs and symptoms occur, they should immediately contact their health care provider for guidance. If no healthcare provider-call urgent care or hospital ER to discuss need for medical evaluation. (see last page for further details).
- Other individuals residing in the home are not quarantined and can go about their daily business as usual.
- Staff from the NYS Contact Tracing Team will be reaching out each day to check to ensure appropriate quarantine measures are being implemented. Monitoring is done by phone call or text message.

Stay home

You should not leave your home, except to get medical care. Do not go to work, school, camp, religious services or public areas such as shopping centers. Do not use public transportation ride-sharing services, or taxis. If other persons are in your home, identify a room with a door that can be closed that you can use as your private bedroom until the health department tells you that you may share living space with your family or roommates. If possible, use a bathroom not used by other family members or roommates. If you must share a bathroom, have cleaning supplies available in the bathroom so that you can clean surfaces after use.

Ask family members or friends to bring you food and household necessities and arrange for these necessities to be placed in an area where you can access them without being in contact with other people (such as an outside porch). If you have no one to assist you in obtaining food and necessary items, let the health department know so that we can work with you to assure your safety and that of the community.
You can walk outside your house on your own property, but do not come within six feet of neighbors or other members of the public. If you live in a multi-family unit, such as a duplex, condominium, or apartment building, do not enter common areas. No matter what your living space is, do not walk in your neighborhood.

**Wear a facemask**

You should wear a facemask when you are around other people and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not be in the same room with you, or they should wear a facemask if they enter your room.

**Cover your coughs and sneezes**

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can and wash your hands with soap and water for at least 20 seconds. If soap and water are not available, immediately clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

**Wash your hands**

- Wash your hands often and thoroughly with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid touching your (or others') eyes, nose, and mouth with unwashed hands.

**Avoid sharing household items**

Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people in your home. After using these items, wash them thoroughly with soap and water by hand or in a washing machine or dishwasher.

**Perform regular cleaning and laundry**

Clean all “high-touch” surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables every day. Read the labels of cleaning products and follow the recommendations provided. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when using the product.

Wash laundry thoroughly, reading and following directions on labels of laundry or clothing items and detergent. In general, wash and dry with the warmest temperatures recommended on the clothing label.

Bag garbage and place it in an appropriate place for pickup. Special handling is not required.

**Monitor for signs and symptoms of COVID-19 infection**

Monitor your health by watching for signs and symptoms of COVID-19 until the date provided to you by the health department. The time it takes to develop symptoms after being exposed to the new coronavirus can be up to 14 days after exposure, but most signs and symptoms develop earlier. Individuals who have been exposed to someone with confirmed or suspected COVID-19, who are not fully vaccinated or have not recovered from COVID-19 in the previous 3 months, are required to quarantine for 10 days after exposure. Testing is not required to end quarantine if no symptoms have been reported during the quarantine period. However, a test should be sought immediately if any symptoms develop during the 14 days after exposure.
• COVID-19 infection typically begins with fever and cough. Other symptoms such as tiredness, muscle or body aches, headaches, new loss of taste, sore throat, congestion, runny nose, nausea, vomiting or diarrhea may occur.

Persons may develop difficulty breathing.

If the individual under a Mandatory Quarantine Order gets tested for COVID-19 and receives a negative result, it does not cancel the length of the Mandatory Quarantine Order.

**Call your healthcare provider if you become ill**

• If you develop symptoms, call your healthcare provider. If you do not have a regular healthcare provider, call the Urgent Care or ER to discuss need for medical evaluation and/or testing.
• It is important to call ahead before visiting your doctor and tell him or her that you may have been exposed to COVID-19 infection and have developed signs and symptoms of the infection. This will help the healthcare provider’s office take steps to keep other people from getting infected.
• If a true medical emergency exists, 911 should be called. If possible, explain to the 911 operator that you are quarantined so that they arrive prepared.
• If you seek medical care, place a mask over your nose and mouth while you are in a vehicle and while you are in the medical facility, until instructed otherwise.

**Call the Cortland County Health Department if you have questions**

You can reach the Cortland County Health Department at 607-753-5028 Monday to Friday from 8am to 4pm for any questions or concerns