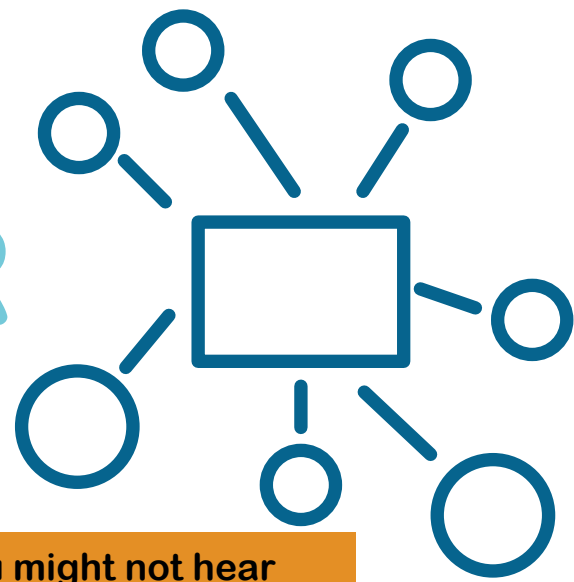


IF YOU TEST POSITIVE FOR COVID-19



With the increase in COVID-19 cases in our area, you might not hear from a contact tracer right away. To help stop the spread, we ask you to FOLLOW THESE STEPS

Start isolating yourself right away. You will need to isolate for a minimum of 10 days. Stay home except for urgent medical care. Inform your doctor's office of your positive test result before going to your appointment.

- Isolation = 10 day period following start of symptoms (or from positive test if there are no symptoms)

Notify your close contacts so they can quarantine themselves.

- Close contacts = those who were within 6 feet for 10 minutes or more total in a 24 hour period, when the person was contagious
- Contagious = starts 2 days before symptoms appear (or 2 days before positive test if there are no symptoms) through the end of the isolation period.

You can resume normal activities when:

- 10 days have passed since symptoms started (or test date if no symptoms), AND
- You are fever-free for 24 hours, AND
- Your symptoms have improved.

For more Information visit

[DUTCHESSNY.GOV/CORONAVIRUS](https://www.dutchessny.gov/coronavirus)

**Dutchess County Department of
Behavioral & Community Health**



Quarantine instructions for Close Contacts

1. Start quarantining right away if you are told you are a close contact.
2. Stay home except for urgent medical care. Inform your doctor's office you have been in contact with someone who tested positive before going to your appointment.
3. Monitor for symptoms. If you develop symptoms, immediately isolate and get tested.
4. You must quarantine (stay at home) for 10 days. Quarantine ends after 10 days IF you have no symptoms during the quarantine period. Additionally, you must continue daily symptom monitoring through Day 14.