

# Dutchess County Department of Behavioral & Community Health

## Isolation Protocol for COVID-19 Positive Individuals

1. **You must remain at your location for the duration of the isolation period as per the Dutchess County Commissioner's Order ([www.DutchessNY.gov/Coronavirus](http://www.DutchessNY.gov/Coronavirus)). You are not permitted to leave your location for any reason except to seek medical treatment or emergency services. You must notify them of your COVID-19 positive status.**
2. **Immediately notify household members and any close contacts you've had in the past 48 hours prior to your symptoms beginning or the date of your COVID-19 test, whichever occurs first.**
3. **Contact Tracers may contact you by telephone to check your condition and symptoms. You are required to answer these calls/texts and provide necessary information when requested. The Caller ID will display "NYS Contact Tracing" (518-387-9993). Due to the recent increase in cases, it may take several days before you receive a call.**
4. **If you live with others, they are subject to mandatory quarantine of 10 24-hour days from the time your symptoms began or the date of your test. After quarantine, they must monitor for symptoms for 4 24-hour days. Anyone who develops symptoms must isolate for 10 24-hour days from the date of symptoms.** Non-household members and visitors are not permitted. You are required to isolate separately from household members during your isolation period.
5. You may walk outside your home on your property. You must remain at least six feet away from individuals, including neighbors and the public. Those living in a multiple dwelling may not use common areas, or common stairways or elevators to access the outside.
6. Be sure to properly dispose of used disposable gloves, masks, and contaminated items in lined trash can. If possible, dedicate a lined trash can for the person who is sick. Use gloves when removing garbage bags, and handling and disposing of trash. Wash hands afterwards.
7. If your symptoms worsen beyond your ability to take care of, call your medical provider or seek emergency medical assistance. **You must inform them that you are COVID-19 positive and in isolation so that they can prepare the necessary protective equipment.**
8. If you need care or services such as food, supplies, or medicine and you do not have support systems to access these supplies, call the Dutchess County COVID-19 Line at (845) 486-3555.
9. **If you have any questions or concerns, visit [DutchessNY.gov/ContactTracing](http://DutchessNY.gov/ContactTracing) or call the Dutchess County COVID-19 Line at (845) 486-3555. Due to call volume, you may need to leave a message. Your call will be returned as soon as possible.**

Updated: December 30, 2020

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**For information or to request a release from isolation letter, visit [DutchessNY.gov/Coronavirus](http://DutchessNY.gov/Coronavirus)**