

You have recently been diagnosed with having the coronavirus disease 2019 (COVID-19). As of today, you are well enough to manage your illness at home. Once you get home, you should rest, stay hydrated, and get plenty of sleep. You may continue to feel body aches, fatigue and/or loss of taste and smell for several days, which are common after a serious viral illness. If your symptoms worsen, call your doctor or seek immediate medical attention.

You MUST self-isolate (quarantine) at home until you can stop self-isolating after these 3 things have happened:

1. You have not had a fever (temperature < 100.0° Fahrenheit or < 38.0° Celsius) consistently for at least 72 hours without taking fever reducing medications (e.g. aspirin, acetaminophen),
AND
2. Your respiratory symptoms are improving; AND
3. At least 7 days have passed since your illness started

When returning home, please follow the precautions below:

WHO (people & pets to take into consideration)

- Self-isolate (quarantine) is mandatory, until you meet all 3 criteria stated above.
- Be especially cautious if there are elderly people or anyone with significant medical issues in your home as these groups may have more severe symptoms from this infection.
- Do not handle pets or other animals while sick.

WHERE (guidelines for maintaining safe distances)

- Stay at home except to get medical care.
- Do not go to work, school, or public areas; avoid using public transportation, ride-sharing, or taxis.
- As much as possible, you should stay in a specific room and away from other people in your home. If available, you should use a separate bathroom
- As advised by the Centers for Disease Control (CDC), you must stay in your home and minimize contact with others to avoid spreading the infection.

WHAT (objects/surfaces to take into consideration)

- Avoid sharing personal household items. You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, wash them thoroughly with soap and water.
- Clean all “high-touch” surfaces every day. High-touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool or bodily fluids on them.
- Use a household cleaning spray or wipe to clean high-touch surfaces; follow the label instructions.

HOW (guidelines for hand washing and germ management)

- Clean your hands often. Wash your hands 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. It is preferred that you use soap and water should if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Throw used tissues in a lined trash can. Immediately wash your hands with soap and water or hand sanitizer.

WHEN (guidelines for seeking medical care)

- Take your temperature several times a days
- Call your doctor if you start to feel worse (increased congestion, chest pain, coughing or fevers).
- Seek emergency medical treatment if you have difficulty breathing
- Call ahead if possible and advise health care workers that you have tested positive for COVID-19
- Ask for a facemask as you enter the facility.
- These steps will help the healthcare provider’s office to keep other people in the office or waiting room from getting infected or exposed.
- If possible, put on a facemask before emergency medical services arrive.

What should I tell my close contacts?

- Household members, intimate partners, caregivers, and any person who has had close contact with you should monitor their health for symptoms of respiratory illness. They should call their healthcare provider if they develop symptoms that may be caused by COVID-19 including fever, cough, or shortness of breath

For additional questions or inquiries, please call our hotline 646-605-5959 or text 4-74624. Live staff are available 7 days a week between the hours of 9:00am and 5:00pm.

If you have a medical emergency and need to call 911, let them know that you have COVID-19. If available, put on a facemask before emergency medical services arrive.

Please see the resources below for more information:

New York Department of Health (DOH)

<https://www.health.ny.gov/diseases/communicable/coronavirus/>

Local DOH Office Phone Numbers

- Nassau County: 516 227-9500
- New York City: 347 396-4131
- Rockland County: 845 364-2512
- Suffolk County: 631 854-0100
- Westchester County: 914 864-7292

Centers for Disease Control

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>