

Rockland County COVID-19 Quarantine Information

If you were potentially exposed to coronavirus (COVID-19), you must follow the quarantine guidance below.

A quarantine period is not a vacation or day off from school/work and must be taken seriously.

A COVID-19 quarantine is 14-days from the day of last exposure.

You must remain under quarantine for the full period of time.

STAY AT HOME:

- You must stay away from other people for the entire quarantine period.
- You cannot go to work, school, religious services or any other public place.
- You should not have guests in your home.
- As much as possible, you should stay in a specific room and away from other people in your home.
- You should restrict activities outside your home, except for getting medical care.
- You should use a separate bathroom, if available.
- If you need to share a bathroom, you must clean the bathroom after you use it every time.

FACEMASK IF NEEDED:

- If you must be around other people or pets, you should wear a facemask (e.g., sharing a room or vehicle)
- If you need to visit a healthcare provider's office, put on a facemask before you arrive.
- 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.

NECESSITIES:

- Food and other items that you need should be left outside your room door.

HYGIENE:

- You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets.
- After using these items, they should be washed thoroughly with soap and water.
- Routinely clean and disinfect frequently touched objects and surfaces.
- Wash hands often with soap and warm water for at least 20 seconds.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. If you use a tissue, throw it in the trash.

IF YOU FEEL SICK:

- If you feel sick, call your private physician for further guidance.

Additional guidance from the CDC on preparing your household for Coronavirus is available on the Rockland County Department of Health COVID-19 website: <http://rcklnd.us/covid19>

You must help prevent the spread of COVID-19!

