

COVID-19 Testing Next Steps

You are being tested for a virus that causes COVID-19. If you have symptoms of the disease, or if you have been in contact with someone who is infected, you will be asked to stay apart from others. This is also called isolation or quarantine. COVID-19 spreads easily. Staying apart helps stop the disease from spreading.

Symptoms Include:

Fever, cough, difficulty breathing



Other symptoms may include: chills, muscle aches, headache, sore throat, abdominal pain, vomiting, diarrhea, runny nose, fatigue, wheezing, or new loss of taste or smell.

You Should Be Isolated If:

- You have symptoms and think you may have been infected with the virus.

You Should Be Quarantined If:

- You have been in close contact with someone known to have COVID-19, even if you don't have symptoms. Close contact means sharing the same household, direct physical contact, or being within six feet for more than 10 minutes.

See back for more information.

If You are an Essential Worker:

You can **ONLY** return to work while you wait for your test results if:

- You have your employer's permission to do so.
- You **DO NOT** have symptoms.
- And **you have NOT had contact with a person known to have COVID-19.**

In addition, you must continue to:

- Practice social distancing (stay more than 6 feet from others).
- Use appropriate personal protective equipment (PPE).
- Wear a mask when less than 6 feet away from others in public.
- Take your temperature and monitor your symptoms daily.



Department
of Health

How to Isolate or Quarantine:



Stay home, except to visit a doctor.



If you must see a doctor, call ahead and avoid using public transport such as subways, buses, taxis.



Don't have visitors.



Separate yourself in a room that is not shared with others. Stay at least 6 feet away from others **at all times**.



Use a separate bathroom, if possible, and disinfect after each use.



Arrange for food, medicine, and other supplies to be left at your door.



Cover your coughs and sneezes. Throw away used tissues. Bag your trash and leave outside your door.



Don't touch pets.



Arrange for others to care for your children, if possible.



Wear a face mask if you must be around others.



Wash your hands often with soap and water for 20 seconds each time, or if unavailable, use hand sanitizer with at least 60% alcohol.

Test Results

You will be contacted with your results.

If you test positive on a diagnostic test for the virus, you must continue isolation. You will get a call from a public health representative to identify any contacts you have had.

If you test negative, but you have been in close contact with a person known to have been infected, you must still continue quarantine until 14 days have passed from your last contact with a person known to have COVID-19. Even though you may feel well now, you are at risk of getting the disease and you may get sick. It can take up to 14 days to get the disease.

Your local health department can help you determine when it is safe to stop isolation or quarantine. Find them at www.nysacho.org/directory

Learn more at <https://coronavirus.health.ny.gov/home>

Support and Job Assistance

Any New Yorker under a mandatory or precautionary order to stay home may be eligible for job-protected sick leave and compensation. Learn more at <https://coronavirus.health.ny.gov/know-your-rights>

If you need help caring for yourself or your children while in isolation or quarantine, call your local health department. Find them at www.nysacho.org/directory

Stay apart now. Be together later.

The logo features three stylized human figures in white. One is at the top left, one at the top right, and one at the bottom center. A vertical line with a location pin icon at the top connects the top two figures. A horizontal dashed line extends from the location pin to the right.

NEW YORK STATE CONTACT TRACING

You're a part of the solution...
now answer the phone!



You've stayed home!



You're wearing masks!



Now, answer the phone!

As we battle coronavirus together, tracing exposures to COVID is important to stop the spread.

The NYS Contact Tracing Program works with confirmed positive COVID-19 people to determine who they have been in contact with. Trained specialists reach out to those contacts about possible exposure. If you have been identified as a contact you will get a call from **“NYS Contact Tracing”** (518-387-9993).

Because the disease can be transmitted without symptoms, notifying people about a possible exposure is critical to stop the spread.

So, if you get a call from **“NYS Contact Tracing”** (518-387-9993) please answer. It is confidential and private.

Please Answer the Phone
so we can keep NY moving forward
and stop the spread of COVID-19.

health.ny.gov/coronavirus