

# COVID-19

## How to Quarantine Safely

Stay apart now. Be together later.



You are being asked to quarantine, which means to stay in your home, apart from others, because you have been in contact with someone who has 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.

COVID-19 spreads easily from person to person. Staying apart from other people stops the spread of the disease.

### The most common symptoms are:



Fever, chills



Cough



Trouble breathing



Loss of sense of smell or taste



Muscle aches, sore throat, headache

### Call 911 right away if you have:



Trouble breathing that is getting worse



Pain or pressure in the chest that doesn't go away



Confusion or trouble waking up



Blue lips or face



Other severe symptoms

Any New Yorker under a mandatory or precautionary order of quarantine or isolation may be eligible for job-protected sick leave and compensation. Learn more at <https://coronavirus.health.ny.gov/protecting-public-health-all-new-yorkers#employees>



Department of Health

## When You Are Quarantined



Stay home, except to visit the doctor.



Separate yourself from others at home. Stay in one room, when possible, and at least 6 feet away from others **at all times**.



Use a separate bathroom, if possible. If you share a bathroom, clean and disinfect after using it.



Avoid taking buses, subways, and taxis.



Don't touch pets.



Arrange for others to bring food, medicine, and supplies and leave them at your door.



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



Don't have visitors in your home, unless necessary.



Wear a mask if you must leave your room.



Use the inside of your elbow to cover your coughs and sneezes. Throw away used tissues right away.



Even after stopping isolation, wash your hands often with soap and water for 20 seconds each time. If there is no soap and water, use a hand sanitizer with at least 60% alcohol

## When To Stop Quarantine



Your local health department should provide you with details on how long you are to remain in quarantine. To figure out when your last day of quarantine is, count 14 days from the last day you were in close contact with anyone with COVID-19. For example, if you were near someone with COVID-19 on the 10th, your last day of quarantine would be the 24th.

If you need help caring for yourself or your children while you are in quarantine because of COVID-19, contact your local health department for guidance and support. Visit: [www.health.ny.gov/contact/contact\\_information](http://www.health.ny.gov/contact/contact_information)