

COVID-19

How to Isolate Safely

Stay apart now. Be together later.



You are being asked to stay apart from others, or self-isolate, because you have COVID-19.

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

What To Do During Isolation



Stay home, except to visit the doctor.



If you must see a doctor, call first so they can tell you what to do to visit the office safely.



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.



Wear a face mask around other people, especially those taking care of you.



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.



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 Isolation

You can stop isolating (staying apart from other people) if you can say “yes” to all three questions:

1

Has it been 10 days since you first started feeling sick?

2

Have you had no fever for 3 full days, without taking medicine like Tylenol to lower your fever?

3

Are your symptoms getting better?



Even after stopping isolation, it is important to wash your hands regularly and cover your cough.



If you need help caring for yourself or your children while you are in isolation because of COVID-19, contact your local health department for guidance and support. Visit: www.health.ny.gov/contact/contact_information