



George Latimer
County Executive

Sherlita Amler, M.D.
Commissioner of Health

March 16, 2020

Dear Healthcare Provider:

In the absence of a vaccine or antiviral medication to treat COVID-19, social distancing is one of our most important tools to reduce the spread of this disease and its impact on residents, especially those who are most at risk for serious complications.

When you test a patient or refer him or her for testing for COVID-19, please share the attached self-quarantine protocol and counsel them to abide by it.

Thank you for your continued partnership during this public health emergency.

Sincerely,

A handwritten signature in cursive script that reads "Sherlita Amler, M.D." in dark ink.

Sherlita Amler, MD
Commissioner of Health.



Westchester County Department of Health (WCDH)
Self-Quarantine Protocol for 2019-Novel Coronavirus (COVID-19)

IN ACCORDANCE WITH THE FOLLOWING GUIDELINES, PLEASE SELF-QUARANTINE UNTIL YOU RECEIVE YOUR TEST RESULTS AND FURTHER INSTRUCTIONS. IF YOU TEST POSITIVE, PLEASE CONTINUE TO ISOLATE YOURSELF UNTIL YOU RECEIVE FURTHER INSTRUCTIONS FROM THE HEALTH DEPARTMENT.

1. Remain at your home for the duration of the quarantine period.
2. Do not attend work or school outside your home. Do not visit enclosed public spaces (grocery stores, drugstores, department stores, shopping malls, theaters, religious services, community centers) or attend any social gatherings.
3. Non-household members/visitors are not permitted in your living quarters. Limit your time in common household area such as bathrooms and kitchens.
4. You can walk outside your house on your own property, but do not come within six feet of neighbors or other members of the public. If you are living in a multiple dwelling, avoid using common stairways or elevators to access the outside. Likewise you need to refrain from walking in your neighborhood.
5. Inform all household members of your self-quarantine status.
6. If you have a fever of $\geq 100.4^{\circ}\text{F}$ / $\geq 38.0^{\circ}\text{C}$ (or feel feverish) or develop any other symptoms of COVID-19 infection, call your medical provider or if you don't have a provider, the WCDH: **866-588-0195**.

Symptoms include:

- fever
 - cough
 - shortness of breath
 - any other lower respiratory symptoms
7. If you, or any household member, experiences a life threatening condition, call 911 and notify the caller that a person in the living quarters is under self-quarantine for COVID-19 so that responders can take proper precautions.
 8. If you become symptomatic or ill, or test positive for COVID-19, those persons staying with you in your living quarters may be subject to mandatory quarantine and you may be subject to isolation.
 9. Notify the WCDH of any needed care or services such as food, supplies, medicine or other supports that you require by calling **866-588-0195**
 10. You, or my legal guardian, may contact the WCDH for any questions or concerns with this protocol. Please contact the number above.