

Westchester County Department of Health
Isolation Protocol for 2019-Novel Coronavirus (2019-nCoV)

1. I will remain at my location for the duration of the isolation period.
2. I am not permitted to attend work or school outside my home. I will not visit enclosed public spaces (grocery stores, drugstores, department stores, shopping malls, theaters, religious services, community centers) or attend any social gatherings.
3. WCDH or NYSDOH contact tracers may communicate with me at least daily to check my condition and symptoms during the isolation period. I am required to answer their questions regarding my condition. During the isolation period, WCDH may make unannounced visits.
4. If I am housed together with family or others then such household members are permitted to remain in the home but will not be permitted to leave the home. Other non-household members/visitors are not permitted in my living quarters. I will not share my bed, bedroom or bathroom with household members and will keep my bedroom door closed. I will not eat in the same room with household members and I will not share linens, towels, eating utensils, cups and plates. I will limit my time in common household area such as bathrooms and kitchens. If a bathroom must be used by a person other than the person requiring isolation, the toilet seat and any touched surfaces are to be disinfected by the person requiring isolation after each use. A diluted household bleach solution is optimal for such disinfection. Disinfection guidance can be found at <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>
5. Persons in the household under isolation or quarantine can walk outside their house on their own property, but they must not come within six feet of neighbors or other members of the public. Persons living in a multiple dwelling under isolation or quarantine may not utilize common stairways or elevators to access the outside. Likewise I need to refrain from walking in my neighborhood, however if I live in a detached home, I may go outside while remaining on my property, so long as I wear a mask at all times on the premises and do not come within 6 feet of any person.
6. All household members will be informed of my isolation status.
7. Garbage should be bagged and left outside my door for pickup.
8. I am aware that if I become symptomatic or ill, those persons staying with me in my living quarters, may be subject to mandatory isolation. If I 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 2019-nCoV infection, I will report this to the WCDH or NYS contact tracers as part of my daily monitoring. I will also call my medical provider and inform my provider that I am under isolation for COVID-19 and have become symptomatic. If I don't have a provider I will ask the WCDH or NYS contact tracer where I can go for medical care:

Symptoms include: fever, cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell.
9. If I, or any household member, experiences a life threatening condition, we will call 911 and notify the dispatcher that a person in the living quarters is under isolation for 2019-nCoV infection so that responders can take proper precautions.
10. As part of my daily monitoring, I will notify the WCDH or NYS contact tracers of any needed care or services such as food, supplies, medicine or other supports that I require. If I require immediate attention, I can call **866-588-0195**
11. I, or my legal guardian, may contact the WCDH for any questions or concerns with this protocol. Please contact the number above.