



# Department of Public Health

*Monroe County, New York*

**Adam J. Bello**  
*County Executive*

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*Commissioner of Public Health*

## **WHAT SHOULD I DO WHILE WAITING FOR A CONTACT TRACER TO CALL?**

***(Updated January 4, 2021)***

The Monroe County Department of Public Health offers this guidance for staff and students who have just been diagnosed with COVID-19 or have come into close contact with someone who is infected. You should anticipate a phone call from a contact tracer within a few days.

**If you have tested positive for COVID-19**, you could infect others who come into close contact with you. To prevent spreading the virus, please take the following precautions.

1. Stay home except to get medical care.
2. If possible, stay in another room from other household members and avoid sharing a bathroom. Wear masks when you and others are closer than six feet.
3. Develop a list of potential "close contacts." Close contacts are people who meet all three of these criteria:
  - ✓ An individual who was with you within 48 hours before you noticed symptoms of COVID-19 through today. Or, if you had no symptoms, 48 hours before you took your positive COVID-19 test through today, **AND**
  - ✓ The individual was closer than six feet to you for more than 15 consecutive minutes **AND**
  - ✓ One or both of you were not wearing a mask.
4. If you are comfortable, call your personal (family, friends) close contacts and ask them to follow the precautions for close contacts (see below). If you believe you have "close contacts" at work, contact your employer with that information.
5. Plan on maintaining these precautions for at least 10 days, beginning the day you noticed symptoms or, if you did not have symptoms, the day you took your positive COVID-19 test.
6. You may not return to in-person instruction until your 10-day isolation period ends. The Monroe County Department of Public Health will provide your school with your isolation period end date. You may also request a copy of your isolation release here: <https://www.monroecounty.gov/healthcalls/release>

**If you have come into "close contact" with someone who has tested positive** for COVID (see definition above), you could get sick and/or spread the virus to others. You might not even know it if you do not have symptoms. To avoid spreading the virus, please take the following precautions:

1. Stay home except to get medical care.



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2. If possible, stay in another room separate from other household members and avoid sharing a bathroom. Wear masks when you and others are closer than six feet.
3. Plan on maintaining these precautions for 10 days, beginning on the last day you were in contact with the person who tested positive. Continue to monitor for symptoms daily, even after the 10-day period has ended.
4. If you choose, you can take a COVID-19 test. If the test result is positive, please refer to the previous section. If the test result is negative, you still need to take precautions until your 10-day period ends. There is still a chance you will get sick during this time and spread the virus to others.
5. You may not return to in-person instruction until your 10-day quarantine period ends. The Monroe County Department of Public Health will provide your school with your quarantine period end date. You may also request a copy of your quarantine release here: <https://www.monroecounty.gov/healthcalls/release>

**If someone in your family has a fever, loss of taste or loss of smell**, you might be a “close contact” and should follow the precautions above for 10 days.

- If, during that time, the family member receives a positive test result, you will need to continue the precautions for 10 days beyond the date you are last with that person during their isolation period. Therefore, when a family member has symptoms, they should immediately separate themselves from the rest of the family.

**If someone in your family has symptoms of COVID-19 other than fever, loss of taste or loss of smell**, you are not considered a close contact and may continue normal activities.

- If, during that time, the family member receives a positive COVID test result, you will be considered a close contact and will need to follow precautions for 10 days beyond the date you are last with that person during their isolation period. Therefore, when a family member has symptoms, they should immediately separate themselves from the rest of the family.

