

SELF-QUARANTINE NOTICE

You have been tested for COVID-19, a communicable disease. Pursuant to the Onondaga County Executive's, J. Ryan McMahon, II's, Order and pursuant to Governor Andrew M. Cuomo's declaration of a State disaster emergency for the entire State of New York:

Local Emergency Order No. 6

- **Any individual who is tested for COVID-19, is ordered to self-quarantine, until he or she receives negative test results.**
- **Self-Quarantine means to separate yourself from others and remain in your home or residence or designated shelter or facility.**
- **Failure to abide by the County Executive's Local Emergency Order, is a crime and may result in a misdemeanor offense. Your compliance with self-quarantine is required for the health and safety of our community.**

Your results will be available in 3-4 days. **While you wait for results**, you must help to protect your loved ones and the public by following these important steps:

- Stay at home until your test results come back.
 - Wash your hands frequently.
 - If you live with others, use a separate bathroom, or wipe all surfaces with a disinfectant after each use.
 - Eat, sleep, and spend your time in a separate room away from anyone else, including any pets.
 - Stay 6 feet away from others. If you need to walk through the common areas of your home when others are present (hallway, living room, kitchen, etc.), you must wear a mask.
 - Stay indoors, unless you have a private outdoor area (such as a non-shared backyard or porch) where you can maintain at least 6 feet of distance from any neighbors/ the public.
 - Keep a separate trash bin in your room. When full, tie the bag, leave it outside your door and have another person carry it outdoors. If you live alone, you can carry the bag outside but wear a mask if other people may be within 6 feet of you or consider going out when others are not around.
 - If you require emergency medical care, call 911 and let them know you are quarantined.
 - If you require non-emergency medical attention, call your primary care provider, or the health care facility you would seek care at (Syracuse Community Health Care Center, Urgent Care, e.g.) and let them know you are quarantined before seeking care.

When results are available, you will be contacted by the Health Facility that administered the test. If the results are positive, you will also be contacted by the Onondaga County Health Department to follow up on next steps.

- **If your test is negative** for COVID-19:
 - You will be asked to follow the current guidelines for the public.
- **If your test is positive** for COVID-19:
 - You will need to remain in isolation.

If you require medical attention while in isolation:

- In an emergency, contact 911 and tell them you are in isolation and have an emergency.
- If it is not an emergency, call your primary care provider for guidance and tell them you are in isolation.
 - If you do not have a primary care provider, call the Syracuse Community Health Care Center (SCHC) or Urgent Care and let them know you are in isolation and seeking guidance on a medical matter. Do not go directly to SCHC or Urgent Care.