

I HAVE **TESTED POSITIVE**  
FOR COVID-19



Now what?

\*You will get a call from a New York State contact tracer or the Local Health Department

\*If you tested positive using an at-home test please call the Health Department otherwise it is your doctor's responsibility to report the test result to us

\*Cooperate with the contact tracer & complete the interview honestly and accurately

\*Stay at home and away from other household members

\*Wear a mask when entering into common living spaces

\*Sanitize surfaces, door knobs, and bathroom after each use

\*Monitor your symptoms

\*Treat your symptoms if needed and take your temperature

\*If you are unsure how to treat your symptoms call your doctor

\*You will be asked to isolate for a certain number of days depending on when you tested or when symptoms started



I HAVE **BEEEN EXPOSED**  
TO COVID-19



Now what?

\*Were you within 6 feet for more than 10-15 minutes? You may be identified as a contact

\*You will get a call from a New York State contact tracer or the Local Health Department

\*Stay at home and away from other household members even if you do not have symptoms

\*Wear a mask when entering into common living spaces

\*Sanitize surfaces, door knobs, and bathroom after each use

\*If you were directly exposed to a person with COVID-19 but have not gotten a phone call, self-quarantine and call the Health Department for guidance

\*Watch for symptoms

\*Make a note of any symptoms you have and when it started

\*Testing is recommended when symptoms begin or after 3-5 days from exposure. Testing too soon will result in a false negative

