QUARANTINE

WHO?
if you have have had **a close contact** with someone who has COVID-19

WHY?
To avoid spreading the virus before you know if you're sick

HOW?
- STAY AT HOME
- SEPERATE FROM OTHERS
- MONITOR YOUR SYMPTOMS
- GET TESTED

ISOLATION

WHO?
If you **test positive** for COVID-19 or have **symptoms**

WHY?
To avoid spreading your illness

HOW?
- STAY AT HOME
- SEPERATE FROM OTHERS
- MONITOR YOUR SYMPTOMS

For more iformation on quarantine and isolation periods and guidelines, visit the NYS department of health website at **https://coronavirus.health.ny.gov/quarantines-contacts** or contact the Orange County Health Hotline at **(845) 291-2330**