



MADISON COUNTY DEPARTMENT *of* HEALTH

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What Should I Do After Being Tested for COVID-19?

<p>If you are being tested today because you have any of these symptoms:</p> <ul style="list-style-type: none"> • Fever • Cough • Chills • Muscle Pain • Headache • Sore Throat • Shortness of breath or difficulty breathing • Repeated shaking with chills • New loss of taste or smell 	<p>If you are being tested today because you were exposed to a positive COVID-19 case:</p>
<ol style="list-style-type: none"> 1. Quarantine at home while you wait for your test results and monitor your symptoms 2. Let your healthcare provider know that you have been tested for COVID-19 3. If your test results come back positive, isolate in your home until the Madison County Department of Health contacts you. 	

If you do not have any COVID-19 symptoms and you have not been in close contact with a COVID-19 positive case, then you do not need to quarantine.

How to Protect Yourself & Others:

- If you are sick, wear a mask over your nose and mouth.
 - You do not need to wear the mask if you are alone.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Throw away used tissues in a lined trash can.
- Clean your hands often. Use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
 - Use hand sanitizer if soap and water are not available.
- Clean all “high-touch” surfaces every day including in the bathrooms, common areas and your “sick room”.
 - Wear disposable gloves when cleaning.

Guidance for Positive Cases and Close Contacts

2019 Novel (New) Coronavirus

The 2019 Novel (New) Coronavirus is a virus that causes a disease called COVID-19. The virus is spread person-to-person, either in close contact (within about 6 feet) or through respiratory droplets produced when an infected person talks, coughs, or sneezes. People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. These symptoms or a combination of these symptoms may appear **2-14 days after exposure to the virus:**

- Fever
- Cough
- Chills
- Muscle Pain
- Headache
- Sore Throat
- Shortness of breath or difficulty breathing
- Repeated shaking with chills
- New loss of taste or smell

Older adults (60 years and older) and people of all ages with underlying medical conditions, such as heart disease, diabetes, lung disease, and weakened immune system are at higher risk. Pregnant women have had a higher risk of severe illness when infected with viruses similar to COVID-19 and may be more vulnerable. If you think you may have been exposed, contact your healthcare provider.

Due to the rising number of positive cases in the county, there may be a brief period of time before a contact tracer reaches out to you. Please review the following information for protocol on what to do if you or someone you know tests positive or if someone has come into close contact with a positive individual while waiting for contact from the Madison County Department of Health (MCDOH).

Guidance for Positive Cases

If you test positive for COVID-19, you will receive your test result from the provider who conducted the test. For most people, you will receive your results before the MCDOH receives the results. The MCDOH is working tirelessly to call those who test positive for COVID-19. Answer the call to slow the spread. The MCDOH will issue you a public health order for Mandatory Isolation. A contact tracer will follow up to identify any potentially exposed individuals and place them under quarantine.

If someone receives a positive COVID-19 test result, please:

- **Stay home** except to get medical care
 - **Stay home.** Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care.
 - **Take care of yourself.** Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
 - **Stay in touch with your doctor and monitor your symptoms.** Follow care instructions from your healthcare provider and local health department. Your local health authorities may give instructions on checking your symptoms and reporting information.
 - Get medical care immediately if you experience any emergency warning signs such as trouble breathing; persistent pain or pressure in the chest; new confusion; inability to wake or stay awake; bluish lips or face; or if you think it is an emergency. This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.
- **Call ahead before visiting your doctor or local emergency facility.** Many medical visits for routine care are being postponed or done by phone or telemedicine. If you have a medical appointment that cannot be postponed, call your doctor's office and tell them you have or may have COVID-19 to help protect the office and other patients.
- **Separate yourself from other people.**
 - As much as possible, stay in a specific room, use a separate bathroom and stay away from other people and pets in your home. Frequently clean areas such as "high-touch" surfaces

and bathrooms and wash your hands often. If you need to be around other people or animals in or outside of the home, wear a mask.

- Help protect those around you and tell your close contacts that they may have been exposed to COVID-19. An infected person can spread COVID-19 starting 48 hours (or 2 days) before the person has any symptoms or tests positive.
- Additional guidance is available for those living in [close quarters](#) and [shared housing](#).

Guidance for Close Contacts

Close contacts are people who are within six feet of each other for 15 minutes or more regardless of if they are wearing a mask or not. Once the county receives a positive COVID-19 test, the contact tracers will reach out to the person who tested positive and ask a series of questions to determine who that person had close contact with at least two days prior to their test or two days before they developed symptoms. However, due to the number of cases and the number of close contacts, the notification to close contacts may be delayed. If you believe or know you are a close contact of someone who tested positive please take measures to quarantine yourself and await a call from a contact tracer.

If you are a close contact of someone who tested positive for COVID-19, please:

- Quarantine yourself from others in the household. Do not leave your property or come within six feet of other people. If you live in a multi-family dwelling or apartment complex, do not use common stairways or elevators to access the outside.
- **As of December 28th, 2020, NYSDOH has adopted guidelines for individuals exposed to COVID-19 that quarantine can end after 10 days without a testing requirement as long as the individual has no reported symptoms during that time.**
 - Individuals should still monitor their symptoms through Day 14 and practice good hygiene such as frequent hand washing and the use of face coverings.
 - If any symptoms develop, they should immediately self-isolate and contact their healthcare provider to report this change and determine if they should seek testing.
- A negative COVID-19 test during the 10-day quarantine cannot release someone from quarantine. A person can still become positive as late as day 14.

Guidance for Travelers

- All travelers must fill out a [traveler form](#) upon arrival to the State.
- Please note that a travel quarantine is different than an exposure quarantine. All travelers entering New York from non-bordering states or from a CDC Level 2 or 3 Travel Health Notice country must quarantine for a period of 10 days upon arrival. While exposure quarantines must complete the 10-day quarantine period, travelers to New York can test out of the mandatory quarantine if they meet the following requirements:

For travelers who were out-of-state for more than 24 hours and from states other than PA, NJ and CT:

- Must obtain a test within three days of departure, prior to arrival in New York; AND
- Upon arrival in New York, they must quarantine for three days; AND
- On day 4 of their quarantine, the traveler can obtain another COVID test.
 - If both tests comes back negative, the traveler may exit quarantine early.
 - If a test comes back positive, the traveler should isolate immediately and wait for the MCDOH to call them to begin contact tracing. The local Health Department will reach out to the state the traveler came from so that contact tracing begins there as well.

For travelers who were out-of-state for less than 24 hours:

- The traveler does not need a test prior to their departure and does not need to quarantine upon arrival. However, the traveler must fill out the NYS traveler form upon entry into New York State, and take a COVID diagnostic test 4 days after their arrival in New York.

Additional Information

- Coronavirus Disease 2019 (COVID-19): <https://www.madisoncounty.ny.gov/2479/Coronavirus-COVID-19>
- Madison County COVID-19 Non-Medical Hotline: (315) 366-2770 (Monday – Friday 8:00 AM – 4:00 PM)
- New York State COVID-19 Travel Advisory: <https://coronavirus.health.ny.gov/covid-19-travel-advisory>