



Department of Public Health

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What to do after your COVID-19 test today

If you have any symptoms, similar to cold/flu, headache, loss of taste or smell, nausea or diarrhea:

1. **GO HOME** right away and **isolate** from everyone. That means wear a mask, sleep in a separate room and make sure if anyone else is near you they wear a mask too. Do not eat with others or take your mask off when you are near them. Disinfect surfaces in your home and always wash your hands thoroughly, often.
2. Think about anyone you have been within 6 feet of (if you or they did not wear a mask) for 15 minutes or more, starting 2 days before you got sick, up until you start isolating from everyone. Make a list of their names, the last time you were near them and their phone numbers. The Health Department will need this information to keep everyone safe and reduce the spread of COVID-19. The Health Department will try to reach you 1-2 days after you get your test results back – if they are positive.
3. If you feel comfortable doing so, please call the people you know who were near you and let them know you have COVID symptoms and that they too should stay away from others and wear a mask at home and whenever they are near other people.

If you are being tested after an exposure to someone with Covid-19 and receive negative test results, you still need to be in quarantine. After exposure to someone who has tested positive for Covid-19, you can get sick any time up to 2 weeks after the last time you were near that person.

A negative test today **DOES NOT** mean that you may not still get sick in a day or two. That is why you still need to be in quarantine and stay away from others. If you are in your own home and others live there too, you should be wearing a mask.

Stay safe! Stay well!