NEW YORK STATE

COVID-19 (/)

‹ **COVID-19 (/home)**

Isolation

What to Do If You Test Positive, Were Exposed to Someone Who Tested Positive or Display COVID-19 Symptoms

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Overview

If you or someone you know tests positive for COVID-19, it's important that you know the steps to follow to protect yourself and those around you, and to reduce the spread of the virus in your community. These precautions include isolating, wearing a mask, and avoiding contact with people who are at high risk of getting sick.

The New York State Department of Health is following the Centers for Disease Control and Prevention's (CDC) isolation and precautions for people with COVID-19 guidance (https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html) , which provides information to those who tested positive. If you were exposed to COVID-19, follow these CDC precautions (https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html) .

New York State has also given local health departments the ability to suspend contact tracing. This means if you test positive for COVID-19 or are a close contact of someone who has tested positive for COVID-19, you may

not get a call from a county or state COVID-19 case investigator.

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Isolation (#)
Isolation

Isolation is for individuals who have been infected with COVID-19, even if they don't have symptoms. You isolate in order to prevent spreading the virus to others. You should also isolate if you are sick and suspect that you have COVID-19 but do not yet have test results. If your results are positive, follow the full isolation recommendations. Follow the CDC guidance about when and how long to isolate when testing positive for COVID-19. (https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fconcov%2Fyour-health%2Fquarantine-isolation.html)

If you were exposed to someone who has COVID-19, follow this CDC guidance. (https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html)

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Isolation Affirmation Form (#)

Isolation Affirmation Form

Affirmation of Isolation Form (https://coronavirus.health.ny.gov/affirmation-isolation-form)

September 14, 2022 - This form may be used as if it were an individual Order for Isolation issued by the New York State Health Commissioner. Your local health department or New York State Department of Health may contact you for additional information. This Attestation Form will contain your Isolation start and end date, as you indicate, based on your particular circumstances, in accordance with Guidance from the New York State Department of Health

(https://coronavirus.health.ny.gov/affirmation-isolation-form)

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Resources

- [What To Do If You Were Exposed to COVID-19 | CDC (https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html)](https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html)
- [Isolation and Precautions for People with COVID-19 (https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html) | CDC (https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html)](https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html)
- [Use Masks to Slow the Spread of COVID-19 | CDC (https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/masks.html)](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/masks.html)

COVID-19

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