



A Message to Nassau County Residents Who Have Received a COVID-19 Test

Until you receive your test results:

- Assume that you are infected with COVID-19 and remain at home.
- Isolate yourself from others in your home--use a separate bedroom and bathroom when possible--and wear a facemask covering your nose and mouth when in common areas of the house.
- Non-household members and visitors are not permitted in your home.
- Tell household members of your self-isolation status and that they should self-quarantine and remain at home until you receive your test result. They should notify their health care provider if they develop any symptoms.

If you receive a COVID-19 positive test result:

- You must remain isolated in your home until:
 - At least 7 days have passed since symptoms first appeared and
 - You have improvement in respiratory symptoms (e.g., cough, shortness of breath); and,
 - At least 3 days have passed since your recovery (where you have not had a fever without the use of fever-reducing medications).
- You must notify household members and other close contacts that you have tested positive and that they are under self-quarantine for 14 days. They should monitor their temperature and symptoms during this time and call their doctor if they feel ill (indicating they are close contacts of COVID-19 case).

If any household member, experiences a life-threatening condition, call 911 and state that a person in the home is self-isolating due to symptoms of and/or a positive test result for COVID-19 so that responders can take proper precautions.

**The Nassau County Department of Health
COVID-19 Information Line 516-227-9570.**