

INFORMATION FOR BROOME COUNTY FAMILIES REGARDING ISOLATION & QUARANTINE

Resources for Broome County Schools

1 Answer your phone! The Broome Health Department may be contacting you between the hours of 8 a.m. – 8 p.m. Since we do local contact tracing the caller ID may not say NYS Contact Tracing. If you or your child is isolated for a positive COVID-19 test our team will be contacting you daily.



2 Wear a mask when around other family members. Remember to wash your cloth face masks daily.



3 Stay in your house. Limit your activity and avoid close contact with other people. You should only leave your house to seek medical care.



4 If you are quarantined take your temperature twice a day and monitor yourself for symptoms of COVID-19. Call your provider if you experience any of the following symptoms: fever or chills; cough; trouble breathing; fatigue; muscle or body aches; headache; new loss of taste or smell; sore throat; runny nose or nasal congestion; nausea or vomiting; diarrhea.



5 Monitor yourself for emergency warning signs and seek emergency care immediately if you develop any of these signs: trouble breathing; persistent pain or pressure in the chest; new confusion; inability to wake or stay awake; bluish lips or face. Call 911 if you have a medical emergency and let them know of your COVID-19 status.

6 Take care of yourself. Get rest and stay well hydrated. Cover your cough and sneezes, then wash your hands.



7 Wash your hands often with soap and water for at least 20 seconds. If this is not possible, use hand sanitizer that contains at least 60% alcohol.

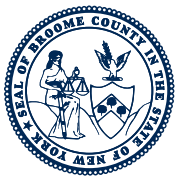


8 Clean high-touch surfaces frequently. Anything you can do to keep the virus out of your home is a help. High touch surfaces include phones, remote controls, counters, table tops, desktops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables. Make sure you use a household disinfectant that is effective on COVID-19 and follow the directions.



9 Avoid sharing personal items with other people, like dishes, drinks, towels, or bedding.

10 If you or your student has tested positive for COVID-19 please contact your school district ASAP. During your isolation/quarantine keep in regular contact with your school district.



HAVE QUESTIONS?

Call the Broome County Health Department COVID-19 Hotline at 607-778-8885
For more information visit:
<http://gobroomecounty.com/countyexec/covid19schoolresources>



Public Health
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