



**Kathleen Cuddy,
MPH Public Health
Director
Cayuga County Health
Department 8 Dill St.
Auburn, NY 13021**



For Immediate Release: Wednesday, September 29, 2021

Isolation and Quarantine Guidance

Isolation is used to separate people **infected** with COVID-19 from those who are not infected. People who are in isolation must stay home until it's safe for them to be around others.

If you test positive for COVID-19, you will be placed under a Public Health Director's Order of Mandatory Isolation.

Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent the spread of disease that can occur before a person knows they are sick or if they are infected with the virus but have no symptoms. Fully vaccinated people who have been exposed to COVID do NOT have to quarantine unless they have symptoms.

The Cayuga County Health Department conducts an investigation of each individual with a positive COVID-19 test, determines their infectious period and the health department along with our partners perform contact tracing to identify others who may have been exposed to positive person. If you are identified as a contact, you will be placed under a Public Health Director's Order of Mandatory Quarantine. Your quarantine can end after ten days, as long as you have remained symptom-free, however, you must continue monitoring yourself for symptoms through day 14. If you do develop any symptoms, you must immediately self-isolate and contact your healthcare provider. At this time there is no testing out of quarantine.

For positive cases being identified in schools, we rely on the school district to perform contact tracing as they know who has been exposed on what days based on seating charts, attendance records, etc. Most districts will contact families to inform them of the exposure prior to the health department receiving contact tracing lists. When families are made aware of the exposure, that means your child had direct contact with a positive case and will need to quarantine. The Health Department asks parents to be responsible and keep their children home from school and other activities (dance class, karate, pop warner football, etc.) once the school has communicated about the exposure.

Once contact tracing lists have been provided to us from the school district, we register the contacts and a NYS Contact Tracer will call to provide the proper paperwork. This is a reminder that if you see a 518 area code come through on your phone and you are awaiting a call for quarantine, please answer the phone call.

In order for schools to remain open and children to remain learning in-person it requires each of us to our part in reducing the spread of the virus. Steps you can take:

- DO NOT send children SICK to school

- DO NOT send your child to school IF you are aware that your child has a KNOWN exposure to COVID in school or outside of school.
 - DO NOT send your child to school while awaiting COVID test results.
-
-