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## **Case Investigation and Contact Tracing Update**

The substantial volume of COVID-19 cases in back in January 2022, led the Cayuga County Health Department to turn over case investigations to a New York State Department of Health (NYSDOH) designated team.

The NYSDOH team has worked to provide information on isolation requirements and isolation orders to individuals who tested positive at a health care facility or self-reported their positive test results to the health department.

Although we remain in a pandemic, there is now greater reliance for every individual to assume responsibility for keeping themselves and close contacts safe and reduce the spread of COVID-19 virus. **As of April 29, 2022, you will no longer be contacted by NYSDOH to inform you of your positive test results and provide isolation orders.** If your employer or school requires documentation, self-affirmation isolation and quarantine papers can be found on our Health Department's website ([www.cayugacounty.us/health](http://www.cayugacounty.us/health)).

If you test positive, you must immediately isolate away from others. Isolation is for five days from symptoms onset or the day you test positive. If you have no symptoms or your symptoms are resolving (with no fever for 24 hours) after 5 days, you can resume all normal activities. You must continue to wear a well-fitting mask around others for an additional 5 days. If your symptoms are not improving, contact your healthcare provider for medical advice/treatment.

Anyone you may have been in contact with two days prior to developing symptoms or testing positive should be notified so they can watch for symptoms. Anyone who is not vaccinated or up-to-date with their COVID vaccination, who is a close contact of someone who has tested positive, should quarantine for 5 days after the last date of exposure to the positive person, as well as to monitor-for symptoms and seek a test if symptoms develop.

If the positive individual is living in a house with others then the quarantined person (s) will have ongoing exposure until the infected person is no longer contagious. In this situation, quarantine for the uninfected person continues throughout the isolation period of the individual(s) with COVID-19 and 5 days beyond the last day the infected individual(s) are on isolation.

The Cayuga County Health Department will continue to monitor all reported cases of COVID-19 in the county to identify trends or areas of concern. We will follow-up on any areas of concerns identified to offer assistance and guidance when clusters of cases or cases in congregate settings.



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If you test positive at home with an at-home test kit, please report that result to the Cayuga County Health Department. Instructions on how to report the test result can be found on our website: [www.cayugacounty.us/health](http://www.cayugacounty.us/health).

Members of the public are encouraged to continue taking precautions to reduce the spread of COVID-19:

- Get vaccinated and stay up-to-date with your COVID-19 vaccines.
  - Consider wearing a mask indoors and in public spaces, regardless of vaccination status.
  - Wash hands frequently with soap and water and use hand sanitizer when soap and water are not available.
  - Stay home when sick.
  - Seek COVID-19 testing for COVID-related symptom(s) that develop or after an exposure.
  - Seek healthcare as needed as treatment options for COVID-19 may be appropriate.
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