

# Do I Need to Self-Isolate for COVID 19?

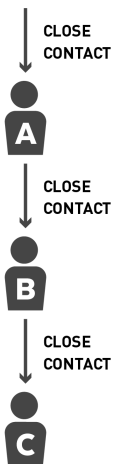
BASED ON THE BEST SCIENTIFIC ADVICE CURRENTLY AVAILABLE BY THE CDC AND NYC DOHMH

This guidance is for people with **no fever or respiratory symptoms** and **are not healthcare workers**. Remember that your status may change over time, depending on risk exposure. Please continue to assess your interactions with others to determine the right course of action



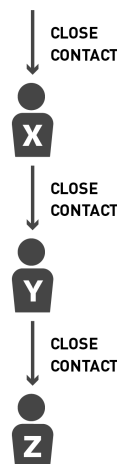
MUST SELF-ISOLATE

PERSON WHO HAS TESTED POSITIVE FOR COVID-19



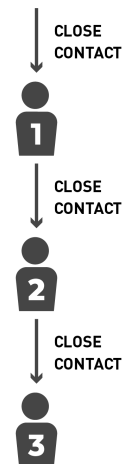
MUST SELF-ISOLATE

PERSON WITH SYMPTOMS WHO WAS TESTED AND IS AWAITING RESULTS



MUST SELF-ISOLATE

PERSON WHO IS WELL, BUT TRAVELED IN A LEVEL 3 AREA



## OPTION A: If this is you...

Self-monitor for COVID-19-like illness vigilantly for 14 days from the date of last contact with the ill person. Isolate yourself if you develop symptoms and call 212-854-9355 for guidance.

## OPTION B: If this is you...

No need to self-isolate. Practice social distancing. Watch for symptoms. If you develop fever or other symptoms, contact 212-854-9355 or your primary care provider.

## OPTION C: If this is you...

No need to self-isolate. Practice social distancing. Watch for symptoms. If you develop fever or other symptoms, contact 212-854-9355 or your primary care provider.

## OPTION X: If this is you...

Self-monitor for COVID-19-like illness vigilantly for 14 days from the date of last contact with the ill person. Isolate yourself if you develop symptoms and call 212-854-9355 for guidance.

## OPTION Y: If this is you...

No need to self-isolate. Practice social distancing. Watch for symptoms. If you develop fever or other symptoms, contact 212-854-9355 or your primary care provider.

## OPTION Z: If this is you...

No need to self-isolate. Practice social distancing. Watch for symptoms. If you develop fever or other symptoms, contact 212-854-9355 or your primary care provider.

## OPTION 1: If this is you...

No need to self-isolate. Practice social distancing. Watch for symptoms. If you develop fever or other symptoms, contact 212-854-9533 or your primary care provider.

## OPTION 2 or 3: If this is you...

No need to self-isolate. Practice social distancing. Watch for symptoms. If you develop fever or other symptoms, contact 212-854-9533 or your primary care provider.

**\*Close contact means being within 6 feet for a prolonged period of time OR having direct contact with infectious secretions (e.g., being coughed on).**

**NOTE:** If you have a connection that is more distant than the options described above, you do NOT need to do anything more than social distancing, which is recommended for everyone. People connected to you do not need to do anything different from everyone else, unless they themselves have risks due to some other exposure.