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Mon.-Fri. 9-8  
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## Positive or likely to have Covid 19

### SUMMARY

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If you have or are likely to have COVID-19\* you are required to:

- Isolate yourself, and
- Tell your [close contacts](#) that they need to quarantine

You are considered to have (or likely to have) COVID-19, if you have a positive diagnostic (swab or saliva) test for COVID-19 and/or were told by a provider that you are likely to have COVID-19 and/or you have symptoms that are consistent with COVID-19 (fever, cough, or shortness of breath).

Please help slow the spread of COVID-19 by answering if you get a call, text, or e-mail from "NYS Contact Tracing" for [Contact Tracing](#) efforts

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### When Does My Home Isolation End?

If you had symptoms, you must stay home until:

- At least 10 days\* have passed since your symptoms first started **and**
- You have had no fever for at least 24 hours (without the use of medicine that reduces fevers) **and**
- Your symptoms have improved (for example, cough or shortness of breath)

If you tested positive for COVID-19 but never had any symptoms:

- You must stay home for 10 days after the test was taken, **but**
- If you develop symptoms, you need to follow the instructions above

\*If you have a [condition](#) that severely weakens your immune system you might need to stay home for longer than 10 days. Talk to your healthcare provider for more information.

- [Stay away](#) from household members.
- Do not go to work, school, or public areas.

- If you must leave home to get essential medical care, drive yourself, if possible. If you cannot drive yourself, keep as much distance as possible between you and the driver and others (e.g. sit in the back seat), leave the windows down, and wear a mask, if possible. If you do not have a mask, wear a cloth face covering.
- If someone from outside your household is shopping for you, ask them to leave the food and other supplies at your door, if possible. Pick them up after the person has left. If you need help finding free delivery services, social services, essential items like food and medicines call the pharmacy and we will have a community health care worker help you.

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### **Ending Isolation and returning to work or school**

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- When [your home isolation ends](#) (see box above) you can go back to your usual activities, including returning to work and/or school.
- Continue to practice physical distancing (stay 6 feet away from others) and to wear a cloth face covering when you are in public settings where other people are present.
- You do not need to have a negative test or a letter from Public Health to return to work or school.