



## **What do I do when my child has been in close contact with a person who has tested positive for COVID-19?**

**Close contact is defined by the CDC as someone who was within 6 feet of an infected person for at least 10 minutes starting from 2 days before illness onset (or, for asymptomatic clients, 2 days prior to positive specimen collection) until the time the patient is isolated.**

**Step 1:** If you or a family member are showing any COVID symptoms, please immediately seek medical attention.

**Step 2:** To be sure your information is on file with the Department of Health, contact the Suffolk County Department of Health at 631-854-0000 and provide them with all of the information regarding the person who has tested positive.

**Step 3:** If you are in close contact with a COVID positive person, you must quarantine for 10 days. You must submit documentation to the school from the Department of Health that indicates that you are being told to quarantine. You will require a release letter from the Department of Health to return to school at the end of the quarantine period.

A COVID-19 test cannot release you from the 10 day quarantine period.

Provide the school with the release from quarantine letter from the Department of Health.

If at any time during the quarantine period you become symptomatic, immediately go to a healthcare provider for an evaluation.

COVID-19 LETTERS:

[PROOF OF POSITIVE & RELEASE FROM ISOLATION/QUARANTINE](#)

<https://health.suffolkcountyny.gov/CovidReleaseLetters/LetterSelect.aspx>