

# New COVID protocols: At-home tests and isolation periods

As of Monday, Jan. 10, 2022

As COVID becomes more prevalent, our counties are shifting away from contact tracing COVID cases. They will not issue quarantine orders on their own, but they are all developing processes for self-service quarantine orders for those who get a positive result from an at-home COVID test.

If you're symptomatic, at-home tests are not sufficient to clear yourself from quarantine.

You can use an at-home test to prove that you have COVID.

## What to do if you test positive

If you get a positive result from an at-home COVID test, you must:

1. Immediately inform your school.
  - a. For staff: Contact your immediate supervisor.
  - b. For students: Call the main office at your school.
2. Notify the county you reside in and, if necessary, get a self-service quarantine order.
  - a. Franklin County: Report online at [franklincountyny.gov/residents/covid-19\\_guidance/self-test\\_reporting.php](https://franklincountyny.gov/residents/covid-19_guidance/self-test_reporting.php)
  - b. Essex County: Report online at [co.essex.ny.us/Health/covid-19-testing/](https://co.essex.ny.us/Health/covid-19-testing/)
  - c. Hamilton County: Call 518-648-6497
  - d. St. Lawrence County: Report online at [stlawco.org/index.php/Departments/PublicHealth](https://stlawco.org/index.php/Departments/PublicHealth)
3. Stay home!
  - a. You must self-isolate for the appropriate amount of time (see Isolation Periods).

## Isolation periods

### For a positive test

- Everyone who tests positive for COVID is now eligible to be released from quarantine after five days, if symptoms are improving.
- For the following five days, you must wear a well-fitting mask around other people.
- If you're immunocompromised or medically unable to wear a mask, you should continue to isolate for a full 10 days.

### For a close contact

- **If you're fully vaccinated and have a booster shot:** You do not have to quarantine after a close contact with someone positive. Wear a well-fitting mask anytime you're around others for 10 days. If possible, get tested on day 5.
- **If you have your initial doses of the vaccine** (2 for Pfizer and Moderna and 1 for Johnson and Johnson) **and are eligible for a booster** (5 months away from your first dose and 12 or older) **but haven't yet gotten one:** You must quarantine for five days and wear a well-fitting mask around others for five days after that.
- **If you are not vaccinated:** You must quarantine for five days and wear a well-fitting mask around others for five days after that.
- **If you develop symptoms within 10 days of the contact, regardless of vaccination status:** Quarantine and seek a COVID test.

Note that counties are no longer contact tracing, so any notice of a close contact will come as a form letter from your school.

If you need an isolation order from the county, you can use their website to get a self-service order.

