

# NASSAU COUNTY

## COVID-19 Testing Information



### NASSAU COUNTY AT-HOME TEST KIT DISTRIBUTION EVENTS

Saturday, January 8<sup>th</sup> and Sunday, January 9<sup>th</sup>

8:30am to 1:00pm

- Residents that reside **NORTH of Hempstead Turnpike** may go to **Eisenhower Park**
- Residents that reside **SOUTH of Hempstead Turnpike** may go to **Tobay Beach Park**

### Testing Sites & Appointments

[COVID-19 Test Site Finder](#): Get Information on Coronavirus Testing Near You

For appointments at NYS's testing sites, including Kennedy Memorial Park, Hempstead, [click here](#).

### If You Test Positive

If you test positive for COVID-19, please tell your **PRIMARY** healthcare provider about your test result, if you went **ELSEWHERE** to be tested, so that they can help you get the right treatment.

#### Who Should I Notify?

The **FIRST STEP** is to figure out the time period during which you could have exposed others so you can notify anyone with whom you had close contact during that time, and self-isolate. This helps limit the spread of disease. Fill out the [NYS Contact Tracing Tool](#) to help you identify contacts.

**IF YOU HAVE COVID-19 SYMPTOMS** – you were able to spread COVID-19 starting **TWO DAYS BEFORE** your first symptoms started. Notify the people you had close contact with during this time. Isolate yourself for **FIVE DAYS** starting from the date your symptoms started. If asymptomatic at the end of 5 days or if symptoms are resolving, you may end isolation and should wear a well-fitting mask while around others for an additional 5 days.

Individuals who are moderately-severely immunocompromised should continue to follow standard ten-day isolation.

**IF YOU HAVE NOT HAD SYMPTOMS** – you were able to spread the disease starting **TWO DAYS** before your COVID-19 test was taken. Notify the people you had close contact with during this time. Isolate yourself for **FIVE DAYS** starting from the date of your test. If still asymptomatic at the end of the five-day isolation, you should wear a well-fitting mask while around others for an additional 5 days.

For additional information on isolation: [CDC Coronavirus Quarantine & Isolation Information](#).

Close contact is defined as any of the following interactions:

- Having direct physical contact with someone. (e.g. hug, kiss, handshake)
- Being within 6 feet of someone for 10 minutes total in a day.
- Having contact with your respiratory secretions. (e.g. coughed/sneezed on, contact with dirty tissue, sharing a drinking glass, food, towels, or other personal items)
- Living with or spent the night with someone.

### **What do I tell my close contacts?**

If exposed to COVID-19, quarantine as follows, where day 0 is the last date of exposure:

- If not fully vaccinated or fully vaccinated and eligible for a booster but not yet boosted, quarantine for 5 days and wear a well-fitting mask while around others for an additional 5 days.
- If fully vaccinated and boosted (with the booster at least 2 weeks before the first date of exposure) or not yet eligible for a booster, no quarantine is required but these individuals should wear a well-fitting mask while around others for 10 days after the last date of exposure.
- If possible, test at day 5 with either a nucleic acid amplification test (NAAT, e.g., PCR) or antigen test.
- If symptoms appear, quarantine and seek testing. In this situation, quarantine would end when the test is negative. If testing is not done, isolate according to the guidance above