



St. Lawrence County Public Health Department

Jolene Munger, MPH, MA ■ Interim Public Health Director
80 State Highway 310, Suite 2 ■ Canton, New York 13617-1476
Phone: (315) 386-2325 ■ Fax: (315) 386-2203

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FOR IMMEDIATE RELEASE

Contact **Jolene Munger**

315-386-2325

St. Lawrence County Public Health Department Updates COVID-19 Contact Tracing Process

Canton, NY— The St. Lawrence County Public Health Department (SLCPH) announces that significant changes have been made to the COVID-19 Case Investigation and Contact Tracing process. Due to the shift in New York State’s (NYS) evolving priorities, SLCPH and NYS will be focusing their case investigation efforts on the most vulnerable populations: older adults, school-aged children, daycares, nursing homes, healthcare settings, and other congregate settings. You may not get call from SLCPH/NYS if you tested positive or were exposed to COVID-19; however, you will still be notified by the place you were tested of your results. Individuals who have tested positive will need to self-isolate and anyone who has been exposed should self- quarantine.

“We are seeing a higher number of new infections each day than we have seen at any time throughout the entire pandemic and staff are unable to reach all cases and contacts in a timely manner. In an effort to increase the efficiency of contact tracing and our response, our department will be moving to a self-managed isolation and quarantine process,” says Jolene Munger, Public Health Director.

St. Lawrence County Public Health is asking the public to help slow the spread of COVID-19. Positive individuals are asked to self-isolate and notify all close contacts that may have been exposed. Anyone notified that they are a close contact should self-quarantine unless exempt (see below), monitor for symptoms, and seek testing on day 5 after exposure or earlier if symptoms develop. For information on who is considered a close contact, please visit the [NYSDOH Contact Tracing and Case Investigation FAQs](#). Employers, schools, daycare settings, healthcare facilities should work with staff, students, and patrons to help identify and notify of exposures that happen in their facilities. For schools, this may mean a change to a general notification a student in a class tested positive and in certain situations, students may still be excluded from school.

As COVID-19 cases continue to rise in St. Lawrence County and throughout the country, it is vital that all residents continue to follow the six pillars of prevention to slow the spread of COVID-19. These pillars include self-isolating and notifying close contacts if positive, self-quarantine if exposed, wearing a mask when in public, washing hands, staying home when you are sick, getting tested if ill or exposed, and getting vaccinated and boosted. If you are not yet vaccinated or boosted, please visit the

St. Lawrence County Public Health Department website or call 315-386-2325 for a list of vaccination clinics and to schedule an appointment.

“We should continue to be doing the six pillars of prevention to protect others and prevent spread when we test positive for COVID-19,” says Munger. “The basic processes of isolation and quarantine are not changing; however, it now will emphasize personal responsibility for doing the right thing and SLCPH would like to thank those individuals who have complied with Public Health orders.”

Individuals that have been notified they tested positive for COVID-19 can submit an Isolation Request form at [the NYSDOH Approach to Isolation and Quarantine website](#) or visit [St. Lawrence County Public Health Department](#) website. To determine the length of your isolation, please see the [Isolation for the General Public chart](#) found below and on the [SLCPH website](#). For specific guidance for individuals in congregate settings and healthcare workers, please refer to the [NYSDOH Interim Updated Isolation and Quarantine Guidance](#).

If you tested positive with a home test, you can submit your positive result online at shorturl.at/glmDF or at [SLCPH website](#), call 315-286-2325, or email SLCCOVID19SharedMailbox@stlaw.org.

For individuals that need to quarantine, please see the [Quarantine for the General Public chart](#) below or at [SLCPH website](#) to determine the length of your quarantine. For specific guidance for individuals in congregate settings and healthcare workers, please refer to the [NYSDOH Interim Updated Isolation and Quarantine Guidance](#).

Individuals who **DO NOT** need to Quarantine after close contact with someone with COVID-19:

- Anyone ages 12 or older and who has received all [CDC recommended COVID-19 vaccine doses](#), including [boosters](#) if eligible and [additional primary shots for some immunocompromised people](#).
- Anyone ages 5-11 years old who has completed the primary series of COVID-19 vaccines.
- Anyone who has had confirmed COVID-19 within the last 90 days.

For more information on please visit the [CDC recommended COVID-19 vaccine doses](#) website.

You can complete the NYS Department of Health Affirmation of Quarantine at [the NYSDOH Approach to Isolation and Quarantine website](#) or visit the [St. Lawrence Department of Health website](#).

Regardless of quarantine status, all individuals, exposed to COVID-19 should monitor for symptoms for 10 days from the day of exposure, adhere to all recommended prevention measures, including washing hands, wearing a mask, immediately self-isolate if any symptoms develop and seek testing.

If you need assistance obtaining orders, questions regarding how long you should isolate or quarantine, or other questions, please call SLC Public Health at 315-386-2325 or visit the [St. Lawrence Department Health](#) website or [NYS Department Health Frequently Asked Questions](#).

People with Known Exposure to COVID-19 Who Do Not Have Symptoms*
“Quarantine”

	Under age 2 years or unable to wear a well-fitting mask	Age 2 – 4 years	Age 5 - 11 years		Age 12 years - Adults				All ages
			Fully Vaccinated	Not yet Fully Vaccinated	Fully Vaccinated and Boosted	Fully Vaccinated, not yet eligible for booster	Fully Vaccinated, eligible for booster but not yet boosted	Not yet Fully Vaccinated	Tested positive for COVID-19 within the past 3 months (regardless of vaccination status)
Quarantine Duration	10 days (masks not recommended for children under age 2)	5 days	No	5 days	No	No	5 days	5 days	No
Can I Attend school or work at school during my 5 day quarantine? (Including travel to/from school (e.g., on bus))	N/A	No, unless in Test-to-Stay in pre-K**. No extra-curriculars.	Yes	No, unless in Test-to-Stay. No extra-curriculars.	Yes	Yes	Yes. Testing encouraged. Participate in Test-to-Stay at school if available. No extra-curriculars.	No, unless in Test-to-Stay. No extra-curriculars.	Yes
Testing	Test whichever comes 1 st : at least 5 days after last exposure (testing recommended but optional if unable to test) or if Symptoms develop If positive, isolate for at least 5 days from symptom onset or (if no symptoms) date test was collected								No test needed. Test if Symptoms develop.

* See specific guidance for [individuals in congregate settings \(see page 6\)](#) and for furlough for [healthcare workers](#).

** This applies to Pre-K programs at schools that also serve older children, not standalone Pre-K programs.

Isolation for the General Public**

“Isolation” is for people who have a positive COVID-19 test or who have symptoms and are waiting for the results of a COVID-19 test.

Isolation is the same for everyone, regardless of whether they are unvaccinated, vaccinated, or boosted.

	Symptoms, Waiting for Test Result	No Symptoms, Positive Test	<u>Symptoms</u> , Positive Test	Hospitalized for COVID-19 or Immunocompromised
Duration of Isolation	<p>Until test result is received or 5 days, whichever is first.</p> <p>If test result is negative, isolation can end.</p> <p>If test result is positive, see “Symptoms, Positive Test” column.</p>	<p>5 days (day 0 is the day the test was collected; isolation ends <u>after</u> day 5).</p> <p>10 days if unable to wear a well-fitting mask days 6-10</p> <p>If symptoms develop after testing positive, start 5-day count again with day 0 being the day symptoms started.</p>	<p>Minimum of 5 days (day 0 is the day symptoms start; isolation ends <u>after</u> day 5). <u>and</u> when fever-free for 24 hours without fever-reducing medication <u>and</u> symptoms have improved</p> <p>10 days if unable to wear a well-fitting mask days 6-10</p>	<p>10 - 20 days, consult healthcare provider</p>
Antigen Test Timing at the End of Isolation	N/A	<p>Optional. If testing is done, it should be on at least day 5 of isolation.</p> <p>If positive, isolate through day 10. If negative, isolation can end but continue to wear a mask through day 10.</p>	<p>Optional. If testing is done, it should be on at least day 5 of isolation (when fever free for 24 hours and symptoms have improved).</p> <p>If positive, isolate through day 10. If negative, isolation can end but continue to wear a mask through day 10.</p>	<p>Consult healthcare provider</p>

* See specific guidance for individuals in congregate settings and for furlough for healthcare workers.

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