In response to the numerous requests for concise guidelines on quarantining, please note the following prepared specifically for our community:

- If you have had DIRECT CONTACT with someone who tested positive for COVID-19, you must quarantine yourself. DIRECT CONTACT means you were within 6 feet of them for a time period of approximately 5-10 minutes. Additionally, hugging/embracing/kissing is considered DIRECT CONTACT (despite being shorter than 5-10 minutes). There is an even a greater risk if they were experiencing symptoms such as cough and fever.

- If you fall under the above category, you must quarantine yourself from 14 days from last known exposure.

- If the symptoms of the COVID-19 patient developed more than 48 hours after you were in contact with them, we do not know if you must quarantine, as even people without symptoms may transmit disease.

However at the very minimum you must self-monitor: each morning assess how you feel - if you do not exhibit any symptoms (I.e., fever, aches, cough), then quarantine is not required but strong social distancing is required.

- If a family member is in quarantine due to exposure with a COVID patient, they must use their own bedroom, bathroom and be sure to eat and sit separately for the duration of their quarantine period; ideally this person should also remain in a separate room.

Please note that these guidelines were culled with close consultation of leading infectious disease experts from New York’s largest hospitals including Rabbi Dr. Aaron Glatt; in response to the growing case outbreak within our community and the hundreds of inquiries which have subsequently poured in.

If you have case-specific inquiries, we urge you to consult with your primary care physician.