



## Schenectady County Public Health Services

### Household Quarantine Checklist:

- 1. I have selected \_\_\_\_\_ to be the designated room for quarantine
- 2. I have selected \_\_\_\_\_ to be the designated bathroom for quarantine. If we can't designate a bathroom, I have placed cleaning supplies in \_\_\_\_\_ bathroom so that the surfaces and handles can be cleaned after use.
- 3. I will get drinkable water from \_\_\_\_\_
- 4. I will set aside the clothes I will need for a 2 week quarantine, if I can't access the washing machine and dryer without being exposed to other household members
- 5. I have put aside enough food for a 2 week quarantine or I have someone, that will bring me food during this time. I know I can call the regional foodbank at 518-458-1167 ext. 108, if I run out of food.
- 6. I have enough medication put aside for a two week quarantine or I have been in contact with my pharmacy \_\_\_\_\_ and pharmacy phone # \_\_\_\_\_ to arrange for my medications to be delivered or I have someone, \_\_\_\_\_, who will pick up my medications.
- 7. I have remote access to my doctor or to a doctor through my insurance. I call this phone number \_\_\_\_\_ or use this website: \_\_\_\_\_ to access this service
- 8. I have access to mental health services either from my current mental health provider at \_\_\_\_\_ or I can call my doctor at \_\_\_\_\_ to get connected to services. I also know that I can call the anonymous National Association for Mental Health hotline at 1-800-273-8255 any time I'm feeling down and receive support.
- 9. I have access to substance use and misuse treatment services at \_\_\_\_\_ and if I don't have services now, but I end up needing services I know I can call either the COTI Project at 518-579-9233 or Project Safe Point at 1-866-930-4999.
- 10. I have \_\_\_\_\_ and \_\_\_\_\_ who are willing to help out with my childcare needs. I know that if I need to be hospitalized, I have filled out this form: [OCFS Emergency Temporary Custody Link](#) so that custody arrangements are in place for my children
- 11. I have access to reliable heat (or cooling as needed), and I know that if I don't, I can get help by calling SCAP at: 518-375-9181
- 12. I have reliable phone and/or internet access to check in with contact tracers to report health status as well as to communicate with family and friends. I know that if I don't have access to these due to financial hardship, that I should visit the Department of Social Services at 797 Broadway, Schenectady, NY 12305-2704
- 13. I have someone who will check in on me, \_\_\_\_\_
- 14. I have reached out to a religious organization (if needed) to learn how I can access their services virtually.
- 15. I have placed the basic health monitoring and infection prevention supplies I will need- face coverings, gloves, hand sanitizer, disinfectant, and a thermometer in the room that I will use for the 2 week quarantine.