



Report as of January 10, 2022

- Due to the current positivity rates for Covid-19, access to the NYS Capitol is limited to visitors who are fully vaccinated or visitors who provide proof of a negative Covid test within the past 48 hours. Masks will be required at all times and there will be limited capacity. The Legislative Office Building is closed until further notice.

Suffolk Department of Health updated quarantine and isolation rules on January 5, 2022. They are as follows:

If You Test Positive for COVID-19 (Isolate)

Everyone, regardless of vaccination status.

- Stay home for 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
- Continue to wear a mask around others for 5 additional days.

If you have a fever, continue to stay home until your fever resolves.

If You Were Exposed to Someone with COVID-19 (Quarantine)

If you:

Have been boosted

OR

Completed the primary series of Pfizer or Moderna vaccine within the last 6 months

OR

Completed the primary series of J&J vaccine within the last 2 months

- Wear a mask around others for 10 days.
- Test on day 5, if possible.

If you develop symptoms, get a test and stay home.

If you:

Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted

OR

Completed the primary series of J&J over 2 months ago and are not boosted

OR

Are unvaccinated

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- Test on day 5 if possible.

If you develop symptoms, get a test and stay home

The link is attached as this is subject to change:

<https://suffolkcountyny.gov/Departments/Health-Services/Health-Bulletins/Novel-Coronavirus/SCDHS-COVID19-Guidance-and-Services>

- February is National Children's Dental Health Month.

- February is also American Heart Health Awareness Month. February 4, 2022 is National Wear Red Day. The hope is that everyone in the country will wear red in order to raise and spread awareness in the hopes of eradicating heart disease and strokes in millions of women all over the nation.