

Protocol for SUNY members who test positive for COVID-19

1. Stay home and isolate immediately. Do not come to the College. Do not leave your home, except to get medical care.

Complete the following secure and encrypted COVID positive test information link:
<https://form.jotform.com/sunyo/covid-19-positive-test-form>

Please note: your private information will be sent to the COVID Nurse Coordinator Cris Gomez. After submission of your form, you will be emailed with information regarding next steps.

2. Notify your Supervisor or Instructor of Record (IOR)/lab instructor that you will not be coming into the college until you have completed your isolation period(5 days from symptom onset or if asymptomatic 5 days from date of first positive test date)

For example: If your symptom onset was Sunday, Jan. 2nd that would be “day 0 “and your tentative return to work/college date would be Friday, Jan. 7th

3. The COVID Coordinator or her designee will conduct contact tracing for the SUNY Community members who may have been exposed. Please do not contact these individuals. As the guidance for exposures are updated regularly, the COVID Coordinator needs to provide them with the most current and relevant guidance.

Please note: *If you only obtained an at-home positive rapid antigen test result, you enable them to make note of your positive COVID test and complete contact tracing for non-SUNY members. For NYC: call 212-COVID19 (212-268-4319)*

4. The COVID Coordinator will follow up with you closer to your 5-day isolation period ending, to make sure you are doing well and can safely return to the college once your isolation period is over. You do not need to test negative prior to returning to the college.

SARS-CoV-2 Positive Cases

According to the updated guidelines from the NYSDOH, healthcare personnel and other essential workers can reduce their isolation from 10 days to 5 days, as long as the individual is fully vaccinated. Fully vaccinated is defined as having completed one dose of Janssen (J&J) COVID-19 vaccine or two doses of a mRNA vaccine at least 2 weeks before the day you become symptomatic - or if asymptomatic, the day of collection of the first positive specimen. This is regardless of booster status.

After you have completed 5 days of isolation (from the start of symptoms OR the date of the specimen collection, if asymptomatic), you will be cleared by the COVID Coordinator to return as long as you are asymptomatic or have resolving symptoms.

****Testing is not required to return to work from the isolation period.****

Follow these steps during your isolation:

- As much as possible, stay in a specific room and away from other people in your home. If possible, you should use a separate bathroom. If you need to be around other people in or outside of the home, wear a mask and practice strict social distancing. Make sure to frequently disinfect commonly used surfaces (countertops, doorknobs, etc.) to protect those you live with.
 - If you are unable to properly isolate in your home, please call NY Health & Hospitals 1-844-692-4692 for free hoteling and meals.
 - Check out the Resources tab above for additional COVID-19 resources that may be helpful.
- Take care of yourself. Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better if cleared by your doctor.
- Stay in touch with your doctor. Call before you get medical care. Virtual appointments may be available.
- Your local health department may call you after receiving your positive test results. Please answer the call.
 - They will help identify any close and prolonged exposure contacts you may have had with non- SUNY members starting in the 48 hours prior to your symptom onset or positive test date if you had no symptoms.

- Look for emergency warning signs for COVID-19. Seek emergency medical care (**call 911 immediately**) if you are experiencing any of the following symptoms:
 - Trouble breathing
 - Persistent pain or pressure in the chest
 - New confusion
 - Inability to wake or stay awake
 - Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

Returning to work and the College

After being cleared by the COVID Coordinator, those returning to work after a 5-day isolation period are instructed to:

- Wear an ASTM Level 2 mask at all times while on campus (N95 or KN95 also acceptable). A well-fitted mask must also be worn when outside of the College until day 10 of your symptom onset or positive test date.
- Practice social distancing from other SUNY members at all times except when job duties do not permit such distancing.
- Separate themselves from others by at least 6 feet when mask must be removed (e.g., when eating or drinking).

After testing positive, **you will be medically exempt from any COVID-19 surveillance testing at the College for 90 days from your positive test date.**

If you have any further questions or concerns please contact the COVID Coordinator : Cris Gomez: CGomez2@sunyopt.edu