

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.iotform.com/sunyopt/covid-19-positive-test-form>

Important! *You will be required to upload a copy of your lab report OR an image of your at-home COVID-19 test kit result with your SUNY ID (or other photo ID) next to it with the date and time of the test collection noted in the image as well as the test kit reference insert*

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. Please make sure to read that email carefully!

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 inform those within the SUNY community who have met the criteria of a close and prolonged exposure. 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.

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.**

Please note: *if you are a high-risk individual (age >65, and/or immunocompromised, have a chronic medical condition) your healthcare provider may recommend a 10-day isolation period. If this pertains to you, a doctor’s note should be submitted to Cris Gomez-COVID Nurse Coordinator:CGomez2@sunyopt.edu*

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.
- 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.

- **Inform your doctor that you have tested positive for COVID-19. You may benefit from an anti-viral medication** such as Paxlovid.
- 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

Please note: If you only obtained an at-home positive rapid antigen test result, it's advised to alert your local Department of Health. For NYC: call 212-COVID19. This will help to ensure accurate local community positivity rates and transmission levels.

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 past 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).

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

