



## **QUARANTINE AND ISOLATION: Information and Requirements**

**Quarantine** is used to keep someone *who might have been exposed to COVID-19* away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

**If you are mandated to quarantine, that means not leaving home or your designated quarantine room on campus and monitor your health for the FULL 10-day quarantine period.**

**If you choose to quarantine at home, you must be aware:**

- **Should you test positive while you are in quarantine, ALL individuals who you live with would then be required to quarantine for 10 days** (from their last exposure to you).
- **If individuals you live with are considered “high risk”, consult with them and carefully consider your decision.**

### **What to do if you are told to quarantine?**

- Quarantine lasts for 10 days after the last contact with a person who tested positive for COVID-19 (last date of exposure is day 0, day 10 at 11:59 marks the end of quarantine). You will be allowed back on campus, attend classes and your residence hall room after the quarantine period **with proof of a negative test result (test must have been administered day 5-7 after exposure)**.
- During your quarantine period, watch for the following symptoms:
  - fever (100.4°F)
  - Cough
  - shortness of breath
  - other symptoms of COVID-19
  - If you develop symptoms, contact SHAC right away (if you’re quarantining on campus) at 914-323-5245, or contact your doctor’s office if you are quarantining at home.
- It is **required by the college** that you provide proof of a negative test result in order to be cleared to return from quarantine.
  - It is strongly recommended that you obtain a COVID-19 diagnostic test 5-7 days after exposure to someone who tested positive for COVID-19. This allows time for the virus to build up in your system enough to be detected by a diagnostic test (antigen, PCR); **unless you are symptomatic** please avoid going to get tested right after your exposure, as you may test negative because there is not enough detectable virus in your system.
  - **We will not accept negative test results from day 1-3 of quarantine.**
  - If you are off campus, contact your doctor or a local urgent care and inform them that you were identified as a contact of someone who tested positive for COVID-19.

- We would appreciate if you would share the results with SHAC, as soon as possible, so we can continue to monitor the potential for spread of the virus.
  - If you are quarantining on campus, health services will come to your quarantine room to test you. Health Services staff will contact you to make this appointment.
  - **If you test negative for COVID-19 during your quarantine, this does not mean that you no longer need to quarantine.**
    - In NY, you must quarantine for 10 days and then closely monitor yourself for any symptoms days 11-14. This is because the virus has an incubation period of 2 days to as long as 14 days.
  - **If you test positive for COVID-19 during your quarantine period, you must let SHAC know right away so we can begin contact tracing.**
    - Per Department of Health guidelines, your test result will be reported to the county in which you have taken the test. If you test positive, you will no longer be in quarantine, you will transition to ***isolation***.
  - While you are in quarantine/isolation ***on campus***, your meals will be delivered daily.
    - Lunch, dinner, and breakfast for the next day will arrive at your door at noon each day.
  - SHAC will raise the ***Quarantine/Isolation flag*** in Starfish which will notify your professors that you will not be able to participate in in-person classes, or activities, for the designated quarantine/isolation period.
  - A health services provider and a counseling services provider will reach out to you regularly during your quarantine, and will monitor and support your emotional and physical health.
  - A contact tracer from the county in which you are residing will be in touch with you as soon as your case is assigned.
    - This may take a day or two, depending on how busy the contact tracers are.
    - The area code is likely to be 518; please answer your phone throughout the duration of quarantine to be sure not to miss any important phone calls.
  - Feel free to contact your Residence Director or the Office of Residence Life at 914-323-5217 should you have any questions or concerns about your quarantine/isolation room assignment or meal delivery service.
  - With your consent, your RA will contact you throughout the quarantine period.
  - SHAC is also available to answer any of your questions. Call 914-323-5245
    - Please know that we take our direction from the county and the official mandate for quarantine and isolation comes from them, as does the official end date of isolation/quarantine period.
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**Isolation** is used to separate people infected with SARS-CoV-2, the virus that causes COVID-19, from people who are not infected.

**Isolation means not leaving home or your designated isolation room on campus.**

**You MUST stay home/in your assigned room and monitor your health for the full isolation period.**

**If you choose to isolate at home, per Westchester County Department of Health (WDOH), it is likely that all individuals who you live with will be mandated to quarantine for 10 days (from their last exposure to you).**

The WDOH's policies require anyone who has had 15 minutes of contact over a period of 24 hours (cumulative minutes) and/or shares facilities (bathroom, kitchen, etc.) with an individual who receives a positive test (such as family members or suitemates) to quarantine.

**See statement below from Westchester County Department of Health:**

*If I am housed together with family or others, then such household members are permitted to remain in the home but will not be permitted to leave the home. Other non-household members/visitors are not permitted in my living quarters. I will not share my bed, bedroom or bathroom with household members and will keep my*

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*bedroom door closed. I will not eat in the same room with household members and I will not share linens, towels, eating utensils, cups and plates. I will limit my time in common household area such as bathrooms and kitchens. If a bathroom must be used by a person other than the person requiring isolation, the toilet seat and any touched surfaces are to be disinfected by the person requiring isolation after each use.*

### **What to do if you're told to isolate:**

- **Stay home! (or in a designated isolation space)**
  - Most people with COVID-19 have mild illness and can recover at home/on campus in a designated isolation space without medical care.
  - Do not leave your home/isolation room, except to get medical care.
  - Do not visit public areas.
- **Take care of yourself.**
  - Get rest and stay hydrated.
  - Take over-the-counter medicines, such as acetaminophen (Tylenol), to help you feel better.
- **Stay in touch with your doctor.**
  - Call before you get medical care.
  - **Monitor your symptoms.**
  - Look for **emergency warning signs** of COVID-19:
    - trouble breathing
    - persistent pain or pressure in the chest
    - confusion
    - inability to wake or stay awake
    - bluish lips or face.
  - If you experience any of these symptoms, seek emergency medical care immediately by calling campus safety if you are isolating on campus (914) 323-7233 or calling 9-1-1 if you are isolating at home.
- In the home, anyone sick or infected should separate themselves from others by staying in a specific **"isolation room"** or area and using a separate bathroom from anyone not infected with COVID-19.
- SHAC will raise the quarantine/isolation flag to notify your professors that you will not be able to participate in in-person courses.
  - If you are very sick, SHAC can raise the temporary medical leave flag to excuse you from attending (virtually and in-person) for the duration of your illness. However, you will be responsible for making a plan to make-up any missed work, tests, quizzes.
- The duration of isolation is at least 10 days from when symptoms first appeared **AND** 72 hours fever-free (without aid of fever-reducing medication) **AND** other symptoms of COVID-19 are improving.
- **Note:** Loss of taste and smell may persist for weeks or even months after recovery and need not delay the end of the isolation period if other criteria are met.
- There is no negative-test requirement for returning to campus after having completed the required 10-day isolation period. This is because an individual who has had COVID-19 may continue to test positive for the virus for up to 90 days after their initial diagnosis.
- Any student who has proof of having had COVID-19 will be exempt from surveillance testing and will not have to quarantine due to exposure for 90 days after having had COVID-19.

(914) 323-5155 counseling