

Isolation Guidance from SHAC (Student Health and Counseling)

Stay home! (or in your 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 until you are cleared by SHAC to leave isolation.

Monitor 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 (914) 323-7233 or 911 if off campus.

Isolation ends after 5 FULL days when symptoms of COVID-19 are improving or have resolved AND...

- the student is fever-free without use of fever reducing medications
- the student is able to produce a negative antigen test

There is no negative-test requirement for returning to campus after having completed a 10-day isolation period. Any student who has proof of having had COVID-19 will be exempt from diagnostic testing and will not have to quarantine due to exposure for 90 days.