

What Students Should Know: **Quarantine and Isolation**

If Student Health Service (SHS), a contact tracer, the Local Health Department, or the NYS Department of Health contacts you regarding COVID-19 you must respond to their questions and follow their instructions. It will then be determined if you need to quarantine or isolate.

The Chancellor's "[Uniform Sanctions in Response to COVID-19 Student Violations](#)", sections I(B) and I (C) cover sanctions that students will face if they don't comply with Isolation or Quarantine orders.

On-campus Quarantine or Isolation

If you live on campus and need to quarantine or Isolate (Q/I), Awosting Hall (residential building) is available for this purpose. If you stay in Awosting, meals, trash removal, and laundry service will be provided, along with medical monitoring by SHS and mental health support by the Psychological Counseling Center. You may also go home to Q/I. You must have private transportation and a safe place stay if you decide to go home. If home is in a different county, you must notify your local health department of your location and plans for Q/I when you arrive home.

If you are told to Q/I and you decide to stay on campus, stay in your room and the Q/I Coordinator will call with instructions and your room assignment. You should pack supplies you will need for your stay at Awosting. A pull cart is available to help you move your belongings from your room to Awosting.

Off-campus Quarantine or Isolation

If you live off-campus, you must comply when instructed to Q/I. You must follow **Steps to Take** listed below. It is wise to plan and consider how you will Q/I in your residence if this is necessary. You may also return home for Q/I if there is a safe place for you to stay and you have private transportation to get there. If home is in a different county, you must notify your local health department of your location and plans for Q/I when you arrive home.

More about Quarantine and Isolation

Spread of COVID-19 can be prevented by social distancing, wearing a mask, cleaning hands frequently and cleaning frequently touched surfaces daily.

Another way to prevent spread is testing but testing only helps if you separate the people who test positive and their close contacts, during their infectious or potentially infectious period, from others. This is the rationale for quarantine and isolation.

QUARANTINE is required if someone was in close contact with a person who tested positive for COVID-19 during their infectious period (two days before and ten days after their symptoms started).

What counts as close contact?

- You were within 6 feet of someone who has COVID-19 for a total of 10 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

ISOLATION keeps a person **infected with** COVID-19 virus away from others, even in their home, during the 10 days they are infectious.

Who needs to isolate?

- People who have symptoms of COVID-19 and test positive for COVID-19
- People who have no symptoms (asymptomatic) but have tested positive for COVID-19

Steps to take

- Stay home except to get medical care
- If in Quarantine watch for symptoms until 14 days after exposure
- If you are in Quarantine report any symptoms to your healthcare provider (HCP)
- If in Isolation monitor your symptoms, report worsening symptoms chest pain or shortness of breath to your HCP
- Stay in a separate room from other household members, don't make them sick
- Use a separate bathroom, if possible
- Avoid contact with other members of the household and pets
- Don't share personal household items, like cups, towels, and utensils
- Wear a mask, stay at least 6 feet from others, wash your hands, avoid others

When can you be around others after you had COVID-19 or after close contact with someone who tested positive COVID-19?

- If in **Isolation with symptoms** at least 10 days since symptoms first appeared, at least 24 hours with no fever, and other COVID-19 symptoms are improving**
- If in **Isolation and asymptomatic** 10 days since positive test
- If in **Quarantine** 10 days from your last contact with a COVID-19 positive person and you have not developed symptoms or tested positive yourself

**Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.