

How to Isolate:

- Stay home or, for residential students, in your assigned isolation room on campus if you cannot leave campus. Those isolating at home should stay in a separate room from other household members if possible, for at least 5 full days (day 0 is the first day of symptoms or the date of the day of the positive test for asymptomatic persons).
 - Residential students will have meals delivered during isolation
 - Students are NOT to leave isolation (unless for a medical appointment or emergency care) and may be referred to the Student Conduct process should they not uphold the guidelines.
- If at home, use a separate bathroom, if available, to avoid exposing others to COVID. Individuals who are positive and in residential isolation may share the same bathroom/living area.
- Wear a [well-fitting mask](#) when it is not possible to be separate from others in the home.
- Monitor your [symptoms](#). If you have an [emergency warning sign](#) (including trouble breathing), seek emergency medical care immediately.
- Take steps to [improve ventilation at home](#), if possible.
- Avoid contact with other members of the household and pets.
- Don't share personal household items, like cups, towels, and utensils.

Ending Isolation:

For people who had symptoms but were not hospitalized for COVID-19:

- Isolation ends after 5 full days if the individual is fever-free for 24 hours without the use of fever-reducing medication and other symptoms have improved (Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation).
- Continue to wear a [well-fitting mask](#) around others at home/in the residence halls and in public for 5 additional days (day 6 through day 10) after the end of the 5-day isolation period.
- All children under the age of 2 years, who are not recommended to wear masks, as well as others who cannot wear a well-fitting mask for any reason, must isolate for a full 10 days. Avoid people who are [immunocompromised or at high risk for severe disease](#), and nursing homes and other high-risk settings, until after at least 10 days.
- If fever continues or other symptoms have not improved after 5 days of isolation, continue to isolate until there is no fever for 24 hours without the use of fever-reducing medication and other symptoms have improved. Continue to wear a [well-fitting mask](#) when around others in the home. Consider contacting a healthcare provider.
- Do not travel during the 5-day isolation period, except to travel in a private vehicle from the College directly to home to isolate (public transportation cannot be used). After isolation ends, avoid travel until a full 10 days after the first day of symptoms. If travel on days 6-10 cannot be avoided, wear a [well-fitting mask](#) when around others for the entire duration of travel. Anyone unable to wear a mask should not travel during the 10 days.
- Do not go to places where a mask cannot be worn, such as restaurants and some gyms, and avoid eating around others at home and at work until after 10 days after the date of the last close contact with someone with COVID-19.

Testing to end isolation is not required, and the Wellness Center will not have the capacity to test students after isolation. If an individual has access to a test and wants to test, the best approach is to use an [antigen test](#) towards the end of the 5-day isolation period if fever-free for 24 hours without the use of fever-reducing medication and other symptoms have improved (loss of taste and smell may persist for weeks or months after

recovery and need not delay the end of isolation). If test result is positive, continue to isolate until day 10. If test result is negative, isolation can end, but continue to wear a [well-fitting mask](#) around others at home and in public until day 10. Follow additional recommendations for masking and restricting travel as described above.

For people who did not have symptoms:

- Isolate for at least 5 days. Day 0 is the day of the positive test and day 1 is the first full day after the specimen was collected for your positive test.
- Isolation ends after 5 full days if no symptoms develop.
- Continue to wear a [well-fitting mask](#) around others at home and in public until day 10 (day 6 through day 10).
- All children under the age of 2 years, who are not recommended to wear masks, as well as others who cannot wear a well-fitting mask for any reason, must isolate for a full 10 days. Avoid people who are [immunocompromised or at high risk for severe disease](#), and nursing homes and other high-risk settings, until after at least 10 days.
- If [symptoms](#) develop after testing positive, the 5-day isolation period should start over. Day 0 is the first day of symptoms. Follow the recommendations above for ending isolation for people who had COVID-19 and had symptoms.
- Do not travel during the 5-day isolation period, except to travel in a private vehicle from the College directly to home to isolate (public transportation cannot be used).. After isolation ends, avoid travel until a full 10 days after the first day of symptoms. If travel on days 6-10 cannot be avoided, continue to wear a [well-fitting mask](#) when around others for the entire duration of travel. Anyone unable to wear a mask should not travel during the 10 days.
- Do not go to places where wear a mask cannot be worn, such as restaurants and some gyms, and avoid eating around others at home and at work until after 10 days after the date of the last close contact with someone with COVID-19.

Testing to end isolation is not required. If an individual has access to a test and wants to test, the best approach is to use an [antigen test](#) towards the end of the 5-day isolation period. If test result is positive, continue to isolate until day 10. If test result is negative, isolation can end, but continue to wear a [well-fitting mask](#) around others at home and in public until day 10. Follow additional recommendations for masking and restricting travel as described above.

For people who are hospitalized for COVID-19 or are immunocompromised: People who are hospitalized for COVID-19 and people with [compromised immune systems](#) might need to isolate longer. They may also require testing with a [viral test](#) (e.g. antigen or PCR) to determine when they can be around others. CDC recommends an isolation period of at least 10 and up to 20 days for people who were severely ill with COVID-19 and for people with [weakened immune systems](#). Consult with a healthcare provider about ending isolation.

People who are immunocompromised should talk to their healthcare provider about the potential for reduced immune responses to COVID-19 vaccines and the need to continue to [follow current prevention measures](#) (including wearing a [well-fitting mask](#), [staying 6 feet apart from others](#) they don't live with, and avoiding crowds and poorly ventilated indoor spaces) to protect themselves against COVID-19 until advised otherwise by their healthcare provider. Close contacts of immunocompromised people – including household members – should also be encouraged to receive all [recommended COVID-19 vaccine doses](#) to help protect these people.

Students, faculty and staff who have completed their isolation are encouraged to fill out the following Affirmation of Isolation Form located here: [Affirmation of Isolation Form \(ny.gov\)](#).