

How to Quarantine:

- Stay home or in your residence hall room and away from other people for at least 5 days (day 0 through day 5) after the date of the last contact with a person who has COVID-19. The date of contact (exposure) is considered day 0. If you have a roommate on campus you may be reassigned during this period – please contact the Wellness Center for assistance.
- Wear a [well-fitting mask](#) when around others.
- For 10 days after the date of the last close contact with someone with COVID-19, watch for fever (100.4°F or greater), cough, shortness of breath, or other [COVID-19 symptoms](#).
- If symptoms develop, [get tested](#) immediately and quarantine until test results arrive. If test result is positive, follow recommendations for isolation. The College recommends the following locations:
 - the Wellness Center Monday-Friday from 8:00 am to 4:15 pm,
 - a local testing center/pharmacy.
- If symptoms do not develop, it is recommended to [get tested](#) at least 5 days after the date of last close contact with someone with COVID-19.
 - If test results are negative, quarantine can end, but continue to wear a [well-fitting mask](#) when around others at home and in public until 10 days after the date of the last close contact with someone with COVID-19.
 - If test results are positive, isolate for at least 5 days from the date of the positive test (date of test, not date results received).
 - Quarantined individuals should make every effort to get tested at least 5 days after exposure, even if asymptomatic. If it is not possible to get a test 5 days after the last close contact with someone with COVID-19, quarantine can end after day 5 if there have been **NO COVID-19 symptoms** throughout the 5-day period. Continue to wear a [well-fitting mask](#) when around others at home and in public until 10 days after the date of the last close contact with someone with COVID-19.
 - 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 possible, stay away from people in the home or residence hall, especially people who are at [higher risk](#) for getting very sick from COVID-19, as well as others outside the home throughout the full 10 days after the date of the last close contact with someone with COVID-19.
- 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 should continue to quarantine for 10 days. During this time, avoid people who are [immunocompromised or at high risk for severe disease](#), or living in nursing homes and other high-risk settings.
- Do not travel during the 5-day quarantine period except to travel in a private vehicle from the College directly to home to isolate (public transportation cannot be used). Before resuming travel, get tested at least 5 days after the date of the last close contact with someone with COVID-19, receive a negative test result, and be symptom free for all 5 days of quarantine. If it is not possible to get a test, delay travel until 10 days after the date of the last close contact with a person with COVID-19. If travel must occur before the 10 days are completed, continue to wear a [well-fitting mask](#) when around others for the entire duration of travel during the 10 days. 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.
- *Note: The Wellness Center, acting on behalf of the Schoharie County Department of Health, had the legal authority to place students, faculty, and staff in quarantine. This is no longer the case as the law*

has changed. However, students, faculty, and staff are expected to follow the above guidelines, should they need to quarantine. Failure to do so may result in conduct follow-up.

After Quarantine:

- Watch for symptoms until 10 days after the date of the last close contact with someone with COVID-19.
- If symptoms develop, quarantine immediately and [get tested](#).

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