

Background

New York State is experiencing record numbers of COVID-19 cases and extremely high hospitalizations ([New York State COVID-19 data](#)) that are stressing the healthcare system and public health response capacity.

Between December 27, 2021 and January 10, 2022, the Centers for Disease Control and Prevention (CDC) issued several updates to its recommendations for [isolation and quarantine associated with COVID-19 infection or exposure](#). In addition to recommendations for the general public, specific recommendations for certain groups such as healthcare workers and those who work at or attend school have been released.

The CDC has indicated that additional guidance for other special settings, including higher education and certain types of congregate living, will be issued in the future.

After careful review of the [evidence](#) the CDC used to inform these recommendations as well as case and hospitalization rates in New York, NYSDOH is aligning with the CDC's updated isolation and quarantine guidance, with particular exceptions or clarifications as described below.

This guidance supersedes the essential worker portion of the December 24, 2021 NYSDOH Shortened Isolation Guidance, although the portion of that guidance for healthcare workers remains in effect (see [Return-to-Work Protocols for Personnel in Healthcare Settings](#)). This guidance also supersedes the January 4, 2022 NYSDOH document entitled Interim Updated Isolation & Quarantine Guidance.

The January 4, 2022 NYSDOH [Interim Advisory on Return-to-Work Protocols for Healthcare Workers](#) remains in effect.

The following information has been adapted by SUNY Cobleskill from the New York State Guidance effective 01.14.22 and is subject to change

Approach to COVID-19 Quarantine

Who Does Not Have to Quarantine After Close Contact with Someone with COVID-19?

- Anyone ages 12 or older and who has received all [CDC recommended COVID-19 vaccine doses](#), including [boosters](#) if eligible and be post 2 weeks of their most recent eligible vaccine and [additional primary shots](#) for some immunocompromised people.
- Anyone ages 5-11 years old who has completed the [primary series](#) of COVID-19 vaccines.
- Anyone who has had confirmed COVID-19 within the last 90 days (tested positive using a [viral test](#), e.g. antigen or PCR).

What To Do if Not Subject to Quarantine:

- Wear a [well-fitting mask](#) around others for 10 days from the date of last close contact with someone with COVID-19 (the date of last close contact is considered day 0).

- [It is recommended to get tested](#) at least 5 days after the date of last close contact with someone with COVID-19. If test is positive or COVID-19 symptoms develop, isolate from other people and follow recommendations in the **Isolation section** of this guidance document.
 - Anyone who had COVID-19 within the last 90 days does not need to get tested after close contact with someone with COVID-19.

Who Has to Quarantine After Close Contact with Someone with COVID-19?

- Anyone ages 12 or older who has completed the [primary series](#) of recommended vaccine, and is eligible for a [CDC recommended booster shot](#) but has not received it or is not 14 days since their last eligible dose at time of exposure.
 - **However, these individuals may attend classes or on-campus work but must wear an appropriate mask.**
 - **Residential students may also participate in “grab and go” meals in Champlin dining hall. Students who should be quarantining are not permitted to remain/eat in Champlin.**
- Anyone who has not completed a [primary vaccine series](#).
- Anyone who is not vaccinated, including anyone with medical or religious exemptions.

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 in the **Isolation section** of this guidance document. 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: [New York State's Approach to Isolation and Quarantine | Department of Health \(ny.gov\)](#)

Quarantine Exception for Schools and SUNY Cobleskill per the SCDOH

Exposed fully vaccinated students, faculty, and staff who must quarantine because they did not receive a CDC recommended booster when eligible can attend or work at school during the quarantine period where masking, distancing, etc. is monitored and enforced. However, these individuals must continue to quarantine as otherwise required outside of academic instruction periods in school. **Extra-curricular, athletics, and/or community activities are not permitted during quarantine.** Students who participate in any of these said activities while in quarantine may be referred to the Student Conduct process.

Approach to COVID-19 Isolation

Isolation is used to separate people with confirmed cases of COVID-19.

If a SUNY Cobleskill student has tested positive and did not use the College's antigen or pooled testing process, please submit your positive test to one of the following: wellnesscenter@cobleskill.edu. Note that the

Community testing site on campus in the Ballroom is separate from the College's test site, and you will need to submit positive results to the Wellness Center.

The Wellness Center, under the direction of the Schoharie County Department of Health, DOES have the continued authority and responsibility to place students in isolation.

Who Has to Isolate?

People who are confirmed to have COVID-19 regardless of their vaccination status.

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: [New York State's Approach to Isolation and Quarantine | Department of Health \(ny.gov\)](#)