



## **Exposures, Quarantine, and Isolation FAQs**

### ***SUNY College of Environmental Science and Forestry***

*(revised 8/16/2022)*

#### **What is the isolation policy if I test positive?**

Any student who tests positive for COVID is immediately requested to self-isolate. Below is guidance for both students who reside off campus and in Centennial Hall.

#### **Protocol for a student who resides off campus**

- If the student can self-isolate safely at their residence, they should do so for five days, where Day 0 is the day of a positive test or when symptoms began, and Day 1 is the first full day following a positive test or start of symptoms. If students are not able to self-isolate at their residence, students will be responsible for securing their own isolation housing at their own expense.
- Per the Centers for Disease Control and Prevention (CDC) guidelines, the student may resume essential activities on the morning of Day 6, including attending class. Students should not go to places where they are unable to wear a mask, such as gyms, and avoid eating around others from Day 6 through the conclusion of Day 10. They can resume essential activities during Days 6-10 assuming the following:
  - The student is asymptomatic or prior symptoms are improving
  - The student is able to go without a fever for at least 24 hours without the use of fever reducing medications
- ESF's COVID-19 Coordinator will contact students directly to provide guidance regarding safe exit from self-isolation.
- Students whose symptoms have not improved after Day 5 should continue self-isolating until symptoms are resolved/resolving.
- Any off-campus student cleared to exit self-isolation on the morning of Day 6 should wear a mask around others at all times for an additional five days (Day 6 through Day 10 after symptom onset).

#### **Protocol for a student who resides in Centennial Hall**

Centennial Hall residents who test positive for COVID-19 are expected to isolate for a minimum of 5 days at a location other than Centennial Hall.



### What This Means

- Centennial Hall residents who test positive for COVID-19 within 5 days prior to arrival should not come to move in as planned.
- Residents who test positive after they've moved in will not be permitted to reside in Centennial Hall during their period of isolation.
- ESF has arranged with Onondaga Community College to house COVID-19 positive Centennial Hall residents in Shapero Hall on the OCC campus. Meals, transportation to/from OCC, and linens will be provided.
- Residents can choose to isolate at their permanent home address if desired.
- Specific guidance will be provided by Elias Chan, ESF's COVID Coordinator.
- Per the Centers for Disease Control and Prevention (CDC) guidelines, the student may resume essential activities on the morning of Day 6, including attending class. Students should not go to places where they are unable to wear a mask, such as gyms, and avoid eating around others from Day 6 through the conclusion of Day 10. They can resume essential activities assuming the following:
  - The student is asymptomatic or prior symptoms are improving
  - The student is able to go without a fever for at least 24 hours without the use of fever reducing medications
- ESF's COVID-19 Coordinator will contact students directly to help them determine if they are cleared to exit isolation.
- If the student resides in Centennial Hall **in a private bedroom**, the student is cleared to move back into their assigned room and must wear a mask around others at all times from Day 6 through the conclusion of Day 10.
- If the student resides in Centennial Hall where **there is a shared sleeping space**, the student is cleared to move back into their assigned residence hall and must wear a mask around others during their waking hours from Day 6 through the conclusion of Day 10.



**What do I do if I am exposed to a COVID positive individual?**

- Per the CDC's most recently updated guidelines, quarantine is no longer recommended to anyone, regardless of vaccination status. Instead, the CDC recommends the following:
  - Wear a mask for 10 days around others when indoors in public
  - Watch for symptoms for 10 days after exposure
  - Get tested at least 5 days after exposure or sooner if symptomatic
  
- Symptomatic students, faculty, and staff in need of COVID testing services are encouraged to call a primary care physician, [a community provider](#), or take an at-home COVID test. [At-home tests are currently available free](#) of charge from the federal government.

**What do I do if I have tested positive from an off-campus test, I am feeling symptomatic, or have had a suspected exposure?**

See <https://www.esf.edu/restart/self-reporting.htm> to report these occurrences to ESF's COVID Coordinator who will get in contact with you.