Protocol for COVID-19 Positive SUNY members

- **Stay home and isolate immediately.** Do not come to the college. Do not leave your home, except to get medical care.

- **Email COVID coordinator Cris Gomez:** [CGomez2@sunyopt.edu](mailto:CGomez2@sunyopt.edu) with a copy of your positive test results and your best contact number. The COVID coordinator will follow up with you as quickly as possible.
  - **SUNY community contact tracing will be done by the COVID coordinator as soon as possible.** This is done to ensure the safety of our community and determine if any of the exposed community members require quarantine and testing. The COVID coordinator are well versed in the updated CDC and NYDOH guidelines regarding exposures. They will analyze several factors used in contact tracing in similar healthcare academic institutes, such as level of PPE (Personal Protective Equipment) among parties and COVID-19 vaccination status. If you test positive for SARS-CoV-2, **please do not take it upon yourself to notify other SUNY members.** Those identified by the COVID coordinator to have met the criteria of a close and prolonged exposure will be notified. The confirmed exposures deserve to be notified by someone who can also give them the updated guidance, help them access available resources and answer their questions.

- **As much as possible, stay in a specific room and away from other people in your home.** If possible, you should use a separate bathroom. If you need to be around other people in or outside of the home, wear a mask and practice strict social distancing. Make sure to frequently disinfect commonly used surfaces (countertops, doorknobs, etc.) to protect those you live with.
  - If you are unable to properly isolate in your home, please call NY Health & Hospitals 1-844-692-4692 for free hoteling and meals.
  - Check out the Resources tab above for additional COVID-19 resources that may be helpful.

- **Notify your Supervisor or Instructor of Record (IOR) that you will not be coming into the college until you have completed your 10- day isolation period and cleared by Nurse Cris Gomez - the COVID coordinator or Dr. Michael McGovern- Chief Medical Officer**

- **Take care of yourself.** Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better if cleared by your doctor.
• Stay in touch with your doctor. Call before you get medical care. Virtual appointments may be available.
• Your local health department may call you after receiving your positive test results. Please answer the call.
  o They will help identify any close and prolonged exposure contacts you may have had outside of SUNY starting in the 48 hours prior to your symptoms onset or positive test date if you had no symptoms.
• Look for emergency warning signs for COVID-19. Seek emergency medical care (call 911 immediately) if you are experiencing any of the following symptoms:
  • Trouble breathing
  • Persistent pain or pressure in the chest
  • New confusion
  • Inability to wake or stay awake
  • Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

• The COVID coordinator will follow up as much as possible during your isolation period to make sure you are doing well and can safely return to the college once your isolation period is over. **You do not need to test negative prior to returning to the college.**
• After testing positive, you will be medically excused from any COVID-19 testing for 90 days from your positive test date.

If you have any questions or concerns please contact the COVID Nurse coordinator: Cris Gomez CGomez2@sunyopt.edu or 212-938-5882