Protocol - Living with an individual who has tested positive for COVID-19

If you live with someone who has tested positive for COVID-19 please follow the guidelines below:

1. Make sure the individual who has tested positive is able to isolate properly in their own bedroom away from all others in the household. If they are unable to properly isolate themselves in a separate bedroom, the positive person may call NYC Health & Hospitals 1-844-692-4692 for free hoteling and meals during their 10 day isolation period.

2. Masks should be worn at home by all members of the household. Make sure to maintain social distancing in any shared areas and limit exposure time as much as possible. Disinfect commonly used surfaces often, as well as frequent handwashing.

3. Regardless of your vaccination status, you must stay home and test immediately. PCR preferred but will accept Rapid Antigen test i and send the results to the COVID-19 Nurse Coordinator: CGomez2@sunyopt.edu. Please provide your best contact number and your vaccination status: unvaccinated, partially or fully vaccinated.

4. Due to the rolling exposure, if you test negative you will be asked to test again on Day 5-7 from the date of the positive person's lab report and possibly again depending on your own individual circumstances. Guidance will be given by the COVID-19 Nurse Coordinator.

5. PCR test is preferred, but a rapid antigen test is acceptable. If you are having symptoms and your rapid antigen test is negative, you will be required to obtain a PCR to rule out a false negative. Rapid antigen tests can produce a higher incidence of false negatives. PCR tests are shown to be more reliable.

Fully vaccinated individuals*

Fully vaccinated individuals are allowed to return to the College following a negative day 1 COVID test until they test again on day 5, as long as they DO NOT have any symptoms of COVID-19. There is no required quarantine in between tests if you remain asymptomatic. If your position allows for remote work and your supervisor approves, you may be allowed to work remotely as you await your day 5 test results.

* People are considered fully vaccinated for COVID-19 ≥2 weeks after they have received the second dose in a 2-dose series (Pfizer-BioNTech or Moderna), ≥2 weeks after they have received a single-dose vaccine (Johnson and Johnson (J&J)/Janssen) or ≥2 weeks after they received their final dose of a WHO approved COVID-19 vaccine.

If you experience any symptoms of COVID-19 including a fever over 100 degrees Fahrenheit as you wait for your day 5 test (second test) you must STAY home and TEST IMMEDIATELY and notify the COVID-19 Nurse Coordinator.
Unvaccinated or not fully vaccinated individuals

If you have not received a COVID-19 vaccine or it has not been at least 2 weeks since your final dose of the vaccine you should:

- **Test immediately for COVID-19.** Contact COVID Nurse Coordinator: Cris Gomez [CGomez2@sunyopt.edu](mailto:CGomez2@sunyopt.edu) with your best contact number and provide your DAY 1 test results. The nurse will follow up with you as soon as possible.
  - Notify your supervisor or IOR/lab instructors that you have been instructed to quarantine for at least 5 days given your rolling exposure at home and vaccination status
  - *Employees with positions that can work remote will be expected to do so.*

- **Continue to monitor for symptoms, including temperature checks twice a day (every 12 hours).** Fever of above 100 degrees Fahrenheit should be reported. Temperature checks should be done until day 14 after the positive person's last isolation date due to the incubation period of up to 14 days with rolling exposure.

- **Obtain a RAPID antigen COVID-19 test on day 5.**
  - For example, if the individual that you live with tested positive on a Sunday, your day 5 test will be Friday.

- **If you become symptomatic before day 5 post exposure, you are to test immediately and inform the COVID coordinator.**

- **Forward your test result to the COVID-19 coordinator as soon as you receive them.** The COVID-19 coordinator will follow up as soon as possible with the next steps.

- **If you are negative on day 5 and remain symptom free, you will be cleared immediately to return to the college and are to continue to follow all COVID-19 safety protocols in place.**

- **If you test positive, you must isolate, remain home and not come to the college. Guidance will be provided to you on the next steps.**

SUNY College of Optometry employees who are not fully vaccinated and requiring a 5 day quarantine will be asked to obtain a letter/email from the NYSDOH 1-888-364-3065 (or county DOH) identifying them as a close contact/exposure of a confirmed positive case. It may take a few days to obtain the letter, as positive cases are not always immediately known to NYSDOH until the lab informs them. Once the letter is obtained it should be sent to both the COVID coordinator and Guerda Fils- Asst. VP Human Resources [GFils@sunyopt.edu](mailto:GFils@sunyopt.edu). Please do not send the positive person’s test results or any records containing PHI (personal health information) The COVID coordinator and the Assistant VP of Human Resources are to view only the exposed SUNY employee’s COVID test results.
Regardless of vaccination status, all SUNY members living with a positive case must continue to self-monitor daily for symptoms after their DAY 5 negative test and follow all COVID-19 safety protocols in place at the college.

**Important!**

- **Stay home if you are experiencing any COVID-19 symptoms and obtain another test.**
  - Contact the COVID Nurse Coordinator: Cris Gomez CGomez2@sunyopt.edu with your best contact number after each COVID test

If you have any questions or concerns about living with a positive case, please email the COVID-19 Nurse Coordinator: Cris Gomez CGomez2@sunyopt.edu and provide your best contact number.