

To help keep our SUNY community safe and healthy, please stay home if you are feeling sick.

**DO NOT come into the building if you are experiencing any of the following symptoms that cannot be attributed to another health condition.**

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Muscle or body aches or fatigue
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting

**If you are schedule to work in the UEC, please call Clinical Admin 212-938-4030 before 9am. You must speak with one of the Clinical Admin staff- DO NOT leave a voicemail.**

Please notify any individual expecting you at the College that you will be out (supervisor, IOR, lab instructor/clinic supervisor, etc.)

**If you are feeling ill while at the college and displaying any COVID-19 like symptoms you are to leave and get tested for COVID-19 as soon as possible.**

To search for COVID-19 testing sites click here: [External Testing Sites \(sharepoint.com\)](#)

**If you test positive:**

- Stay home, isolate for at least 5 days since symptom onset date and do not come to the College.
- Follow the protocol for testing positive for COVID-19: [Protocol-for-COVID-Positive-Cases.pdf \(sunyopt.edu\)](#)

**If you test negative:**

- on a rapid antigen test and *are still experiencing* COVID-19 symptoms, please obtain a PCR to confirm
  - *due to a higher incidence of false negatives on rapid antigen tests with some individuals experiencing COVID-19 symptoms, it is recommended that a PCR test be done to confirm*
- on a PCR test, you are be cleared to return to the college with all COVID-19 safety protocols in place, **as long as you are symptoms are improving and you remain fever free (less than 100 degrees Fahrenheit/37.8 degrees Celsius) for 24 hours**
  - *Temperature should be measured without the use offever-reducing medicines (medicines that contains ibuprofen or acetaminophen).*

- *If your PCR is negative and you are still not feeling, it may be another virus such as Influenza (flu). See below.*

### **Influenza Guidelines**

- **You do not need to inform the COVID Nurse Coordinator if you have tested positive for Influenza**
  - If you are schedule to work in the UEC, please call Clinical Admin 212-938-4030 before 9am. You must speak with one of the Clinical Admin staff- DO NOT leave a voicemail.
  - Please notify any individual expecting you at the College that you will be out (supervisor, IOR, lab instructor/clinic supervisor, etc.)
- **Please follow the guidelines below on when to safely return to the College:**
  - *Individuals with confirmed or suspected Influenza should stay home if they are sick until at least 24 hours after their fever\* (temperature of 100 degrees Fahrenheit or 37.8 degrees Celsius or higher) is gone.*
    - *Temperature should be measured without the use of fever-reducing medicines (medicines that contains ibuprofen or acetaminophen)*

**Please note:** Not everyone with Influenza will have a fever. Individuals with suspected or confirmed flu, who do not have a fever:

- should stay home for at least 4 days after the onset of symptoms.
- individuals with the flu are most contagious during the **first 3 days of their illness.**
- When you return to the College, please follow all current health and safety protocols.

If you have any further questions, you can contact the COVID Nurse Coordinator Cris Gomez RN [CGomez2@sunyopt.edu](mailto:CGomez2@sunyopt.edu)