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 scheduled 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)](https://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](https://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 of fever-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

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