

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

**If you live with someone who has tested positive for COVID-19, there are no work restrictions and no requirement to quarantine regardless of COVID-19 vaccination/booster status if you are asymptomatic. *You do not need to inform the COVID Coordinator and you can return/remain at College.***

*COVID-19 symptoms may include: • cough • fever • sore throat • headache • nasal congestion • fatigue and body aches • diarrhea • loss of smell and taste*

### **Please follow the guidelines and precautions below:**

- Make sure the individual who has tested positive is able to isolate properly in their own bedroom away from all others in the household
- 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.
- **test immediately after learning your household member has tested positive (day 1) at-home rapid antigen or PCR test**
- distance yourself from positive case at home and wear an ASTM Level 2 mask while at the College for the next 10 days
- practice social distancing from other SUNY members at all times except when job duties do not permit such distancing
- separate yourself from others by at least 6 feet when mask must be removed (e.g., when eating or drinking)
- **test again on day 5 ( you can remain at the College while you await your test results as long as you remain symptom free)**
- ***if at any time you become symptomatic, you need to stay home and test immediately.***
- regardless of COVID-19 vaccination or booster 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.
- ***if one of the tests comes back positive, you need to stay home and complete the COVID-19 positive online form: <https://form.jotform.com/sunyopt/covid-19-positive-test-form>.***
  - this is a secure and encrypted link
  - your information will be sent to the COVID Nurse Coordinator directly and guidance will be provided to you.

**Please note:** *Negative test results do not need to be submitted to the COVID Nurse Coordinator.*