

CUNY Quarantine guidelines following exposure to COVID-19. When to stay home.

If you were exposed, quarantine and stay away from others when you have been in close contact with someone who has COVID-19.

Calculating Quarantine: The date of your exposure is considered day 0. **Day 1 is the first full day after your last contact with a person who has had COVID-19.** Stay home and away from other people for at least 5 days.

<p>For those who have:</p> <ul style="list-style-type: none"> Completed the primary series of Pfizer vaccine over 5 months ago or Moderna vaccine over 5 months ago and are not boosted, OR Completed the primary series of J&J over 2 months ago and are not boosted, OR Are unvaccinated 	<p>Stay home and quarantine for at least 5 days.</p> <ul style="list-style-type: none"> Wear a well-fitted mask if you must be around others in your home. Get tested. Even if you don't develop symptoms, get tested on day 6 after you last had close contact with someone with COVID-19 If you have symptoms, you cannot get tested until symptoms are resolved. You must share test with CUNY campus to gain access to campus 	<p>After quarantine</p> <ul style="list-style-type: none"> Watch for symptoms until 10 days after you last had close contact with someone with COVID-19. If you develop symptoms isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others. 	<p>Take precautions until day 10</p> <ul style="list-style-type: none"> Watch for symptoms for 10 days. Wear a well-fitting mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask. Avoid travel Avoid being around people who are at high risk.
<p>For those who have:</p> <ul style="list-style-type: none"> Have received a booster, OR Completed the primary series of Pfizer vaccine within the last 5 months or Moderna vaccine within the last 5 months, OR Completed the primary series of J&J vaccine within the last 2 months, OR 	<p>No quarantine</p> <ul style="list-style-type: none"> You do not need to stay home unless you develop symptoms. Get tested (even if you don't develop symptoms) get tested on day 6 after you last had close contact with someone with COVID-19. 	<p>Watch for symptoms</p> <ul style="list-style-type: none"> Watch for symptoms until 10 days after you last had close contact with someone with COVID-19 If you develop symptoms isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others. 	
<p>For those who have:</p> <ul style="list-style-type: none"> Been exposed to COVID-19 and had confirmed COVID-19 within the past 90 days (you tested positive using a viral test) 	<p>No quarantine</p> <ul style="list-style-type: none"> You do not need to stay home unless you develop symptoms. 	<p>Watch for symptoms</p> <ul style="list-style-type: none"> Watch for symptoms until 10 days after you last had close contact with someone with COVID-19 If you develop symptoms isolate immediately and get tested. Stay home until you know the results and wear a well-fitted mask around others. Consult your doctor. 	<p>Draft 2/24/2022</p>

CUNY Isolation guidelines if you are sick or test positive. When to stay home.
Isolate when you are sick or when you have COVID-19, even if you don't have symptoms

Calculating Isolation: Day 0 is your first day of symptoms or a positive viral test. **Day 1 is the first full day after symptoms developed or your test specimen was collected.** If you have COVID-19 or have symptoms, isolate for at least 5 days.

<p>If you tested positive for COVID-19 or have symptoms, regardless of vaccination status</p>	<p>Stay home for at least 5 days</p> <ul style="list-style-type: none">• Stay home for at least 5 days and isolate from others in your home.• On day 6, get a PCR or Antigen test (we strongly recommend an Antigen test, if available).• Wear a well-fitted mask if you must be around others in your home.	<p>Ending isolation and returning to CUNY if you had symptoms</p> <ul style="list-style-type: none">• End isolation after 5 full days if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.• On day 6, get a PCR or Antigen test (we strongly recommend an Antigen test, if available).• You must share test with CUNY to gain access to campus <p>Ending isolation if you did NOT have symptoms</p> <ul style="list-style-type: none">• End isolation after at least 5 full days after your positive test.• On day 6, get a PCR or Antigen test ((we strongly recommend an Antigen test, if available).• You must share test with CUNY to gain access to campus <p>If you were severely ill with COVID-19</p> <ul style="list-style-type: none">• Isolate for at least 10 days. Consult with a doctor before ending isolation.	<p>Take precautions until day 10</p> <ul style="list-style-type: none">• Wear a well-fitting mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.• Avoid travel• Avoid being around people who are at high risk. <p>Draft 2/24/2022</p>
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