

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

**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.

If you tested positive for COVID-19 or have symptoms, regardless of vaccination status

- Stay home for at least 5 days**
- 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.

- Ending isolation and returning to CUNY if you had symptoms**
- 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

- Ending isolation if you did NOT have symptoms**
- 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

- If you were severely ill with COVID-19**
- Isolate for at least 10 days. Consult with a doctor before ending isolation.

- Take precautions until day 10**
- 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.