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.

### For those who have:
- 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

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

**After quarantine**
- 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.

**Take precautions until day 10**
- 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.

### For those who have:
- 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

**No quarantine**
- 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.

**Watch for symptoms**
- 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.

### For those who have:
- Been exposed to COVID-19 and had confirmed COVID-19 within the past 90 days (you tested positive using a viral test)

**No quarantine**
- You do not need to stay home unless you develop symptoms.

**Watch for symptoms**
- 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.
<table>
<thead>
<tr>
<th><strong>CUNY Isolation guidelines</strong> 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</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calculating Isolation:</strong> 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.</td>
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<tr>
<td><strong>If you tested positive for COVID-19 or have symptoms, regardless of vaccination status</strong></td>
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<tr>
<td>Stay home for at least 5 days</td>
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</tbody>
</table>
| • 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. |

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