

I have tested positive for COVID – now what?

1. Regardless of vaccination status, **students who test positive for COVID will be required to isolate** per CDC guidelines. If you test positive, **stay home for at least 5 days** and isolate from others.

2. Where should I isolate?

If you are a residential student:

- Students are encouraged to isolate off campus whenever possible.
- For situations in which isolating off campus is not possible, students may isolate in their dorm room.
- Roommates may stay, but you and your roommate must both mask when in your room together. Roommates who are not COVID positive and wish to move out of the room should contact Residence Life.

If you live off campus:

- Students may isolate in their off-campus residence.

3. How do I know what my isolation dates are?

If you had symptoms:

- Day 0 of isolation is the day of symptom onset, regardless of when you tested positive
- Day 1 is the first full day after the day your [symptoms](#) started

If you had no symptoms:

- Day 0 is the day you were tested (not the day you received your positive test result)
- Day 1 is the first full day following the day you were tested
- If you develop [symptoms](#) within 10 days of when you were tested, the clock restarts at day 0 on the day of symptom onset

4. What am I allowed to do during isolation?

- You may not attend class, work, or other activities during isolation. Please notify professors, supervisors, coaches that you are in isolation.
- You may leave your room to use the bathroom, pick up takeout food, evacuate for a fire alarm, or attend a medical appointment. **A mask must be worn anytime you leave your room.**
- You should not mingle with friends while out of their room.
- You may not have guests or visitors. Only the student and their roommate may be in the room.

5. What if I am asked for proof of isolation?

- Complete the [NYS Affirmation of Isolation form](#). The completed form should be given to the individual asking for proof of isolation.

6. When can I end isolation?

If you had symptoms:

- You may end isolation after day 5 if your symptoms are improving and you have been fever-free for 24 hours.

If you had no symptoms:

- You may end isolation after day 5.

7. Do I need to do anything once isolation ends?

- You need to wear a high-quality mask, like a KN-95 mask, whenever you are around others through day 11.