

## How to Isolate

- You must complete this form <https://cobleskill.formstack.com/forms/reportqi>
- Residential students are advised to isolate at their permanent residence. If that is not possible, residential students may isolate in their designated residence hall room.
- COVID-19 positive students may **NOT** attend in-person classes or activities.
- As per NYS DOH guidance, you are responsible for contacting those with whom you were in close contact with within 48 hours prior to symptom onset or 48 hours prior to positive test date, if asymptomatic, until the date you were notified to isolate. A close contact is defined as someone who has been in contact with a COVID positive individual for a cumulative 15 minutes within a 24-hour time span regardless of whether masks were worn or not.
- If you are at home, follow the New York State guidelines for isolation found at <https://coronavirus.health.ny.gov/isolation>
- If you are a residential student isolating on campus:
  - Wear a well-fitting mask (except when sleeping) when it is not possible to be separate from others
  - At all other times you must stay in your room, avoid common areas where students congregate and limit all in-person contact with others. If you must leave your room, wear a mask and maintain as much distance as possible from others.
  - You may continue to use shared restroom facilities while always wearing a facemask, except when showering, brushing your teeth, or washing your face. Residents should make every attempt to do this when there is no one else using the bathroom.
  - You are not permitted to have visitors or overnight guests until the isolation period has ended.
  - You may pick up “grab and go” meals in Champlin Dining Hall. Meals must be consumed in your residence hall room. Meals may be ordered by completing the following form: [https://cobleskill.formstack.com/forms/quarantine\\_order](https://cobleskill.formstack.com/forms/quarantine_order). You may **NOT** eat in any dining halls.
  - Continue to follow all building safety protocols including and not limited to fire drills.
  - You may **NOT** attend in person classes or use the library. Please contact your professors and arrange to complete or stay up to date with your course work.
  - Positive individuals should **NOT** COVID test for 90 days

### Ending Isolation:

- Isolation ends after 5 full days if the individual is fever-free for 24 hours without the use of fever-reducing medication and other symptoms have improved (Loss of taste

and smell may persist for weeks or months after recovery and need not delay the end of isolation), or after day 5 if the person is symptom-free.

- If a person is initially symptom-free but symptoms develop after testing positive, the 5-day isolation period should restart and day 0 is the first day of symptoms. Follow the recommendations listed above regarding ending isolation for people who tested positive for COVID-19 and experienced symptoms.
- Continue to wear a [well-fitting mask](#) around others at home/in the residence halls and in public for 5 additional days (day 6 through day 10) after the end of the 5-day isolation period.
- Do not travel during the 5-day isolation period, except to travel in a private vehicle from the College directly to home to isolate (public transportation cannot be used). After isolation ends, avoid travel until a full 10 days have passed since the first day of symptoms. If travel on days 6-10 cannot be avoided, wear a [well-fitting mask](#) when around others for the entire duration of travel. Anyone unable to wear a mask should not travel via public transportation during the 10 days.
- Do not go to places where a mask cannot be worn, such as restaurants and gyms, and avoid eating around others at home and on campus until after 10 days of isolation have passed.
- For people who are hospitalized for COVID-19 or are immunocompromised: People who are hospitalized for COVID-19 and people with [compromised immune systems](#) might need to isolate longer. They may also require testing with a [viral test](#) (e.g. antigen or PCR) to determine when they can be around others. CDC recommends an isolation period of at least 10 and up to 20 days for people who were severely ill with COVID-19 and for people with [weakened immune systems](#). Consult with a healthcare provider about ending isolation.

Students who have completed their isolation are encouraged to fill out the following Affirmation of Isolation Form located here: [Affirmation of Isolation Form \(ny.gov\)](#).

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