COVID-19 Exposure Protocol - UPDATES
(As of January 23, 2023; information subject to change dependent on DOH & CDC guidelines)

For any question or concerns related to the following updates contact:
Employee/Student Health (ESH) 315-464-4260  ESHealth@upstate.edu
Staff/Student COVID Resource Hotline 315-464-8436
or refer to Policy COV P-01 COVID-19 Exposure Protocol

Staff member has a Positive COVID-19 test

1. Staff member will:
   a. Notify the manager or call in line
   b. Go to Upstate i-page. - https://www.upstate.edu/ipage/intra/

i. click on Self-Report Covid-19 test/FAQs
   ii. complete the form in Self-Serve (info from form will go directly to Employee/Student Health for monitoring and reporting purposes.)

   c. If a staff member does not have access to the internet or is having difficulty with the self-reporting link/form:
      i. CALL Employee/Student Health Mon-Fri 7:30 am – 5 pm.
      ii. IF it is after hours or weekends when calling, leave a message and you will get a return phone call on the next business day.
      iii. IF the staff member needs to speak to someone immediately AND ESH is CLOSED:
          1. Call the Staff/Student COVID Resource Hotline

   d. Please Note: ESH does NOT call every employee who tests positive!

** If ESH has questions after reviewing the self-report form, they will reach out to the staff member.
COVID-19 Exposure Protocol - UPDATES
(As of January 23, 2023; information subject to change dependent on DOH & CDC guidelines)

Out of work timeframe
Minimum of 7 days – timeframe will vary dependent on repeat test results and/or symptoms

When does it start?
Day 0 – symptom onset OR test date, whichever is earliest
(see calendar for example of counting days)

Testing between 5-7 days for staff who are COVID-19 Positive

PCR lab test
- 1 test completed between days 5-7
- **Negative result:** eligible to return to work on day 8
- **Positive result:** eligible to return to work on day 11

Antigen home test
- 2 tests total completed
  - 1 test on day 5
  - 1 test on day 7
- **2 Negative results:** eligible to return on day 8
- **1 or 2 Positive results:** eligible to return on day 11

Unable to test between days 5-7: eligible to return on day 11

**STAFF SHOULD ONLY TEST INITIALLY & BETWEEN DAYS 5-7 OF THEIR ILLNESS.**
They do NOT need to test again after this timeframe in order to return to work.
COVID-19 Exposure Protocol - UPDATES
(As of January 23, 2023; information subject to change dependent on DOH & CDC guidelines)

Additional Eligibility requirements to return to work

- Symptoms must be resolved or mild to moderate with improvement
- Must be fever free for 24 hours without the use of fever reducing medications
- Complete the Return to Work/Clearance Chatbot
  - iPage → Self-Report COVID-19 Test/FAQs → Return to Work/Clearance Chatbot

Symptom and Testing – Calendar example

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><strong>DAY 0</strong></td>
<td><strong>Initial test date</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>DAY 5</td>
<td>DAY 7</td>
<td>DAY 8</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td></td>
<td></td>
<td>DAY 5</td>
<td>DAY 7</td>
<td>DAY 8</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>1st Home Test</strong></td>
<td><strong>2nd Home Test</strong></td>
<td>Return to work if negative test(s) between days 5-7</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>DAY 11</strong></td>
<td><strong>Return to work with any positive test between days 5-7</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>