



Covid Information

We hope you never need to refer to this document, but want you to have this information handy in case you do.

Covid Information Hotline 464-8436

Please follow these instructions:

Covid exposure

- Day 0 is date of exposure, first symptoms or positive test date
- Monitor for symptoms
- As long as you remain symptom free, you can continue volunteering
- You must wear your mask for 10 full days after the exposure while volunteering – this means that where masks are optional, they are now mandatory for you

Testing – one time test only

- Home test - at day 6 (5 full days after exposure)

OR

- PCR on day 6 (5 full days after exposure)

If you develop symptoms

Testing

- Rapid Home test – if you are concerned about the expiration date, call the number on the box for clarification.

OR

- PCR from urgent care or your own physician – Upstate does not have on site testing at this time
- Self-quarantine at home until results of your test
- Seek medical care if needed

If you test positive

- Call the Covid Hotline at 315-464-THEM to speak to a nurse – open 24/7
 - o During business hours this will automatically redirect you to the Employee Health Office
- Day 0 is date of first symptoms or if no symptoms, from the positive test date

To return to volunteering

Retesting* to return on day 8

- You must have no symptoms and no fever for 24 hours

AND

- Two Home tests - at day 5 and day 7 (must be 48 hours apart) are negative

OR

- One PCR on day 5, 6 or 7 (from urgent care or your own physician) is negative
- If any tests are positive, you cannot return to volunteering until day 11
- Go to <https://www.upstate.edu/coronavirus/return-to-work.php> to fill out the return to work form Please call or email the volunteer office to let us know of your return date

Acceptable tests

- Rapid Home test – if you are concerned about the expiration date, call the number on the box for clarification.
- PCR from urgent care or your own physician – Upstate does not have on site testing at this time