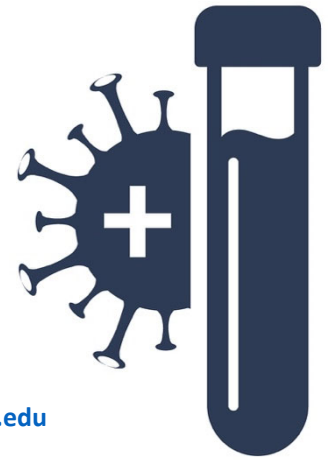


# COVID-19 Exposure Protocol - UPDATES

(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](mailto:ESHealth@upstate.edu)

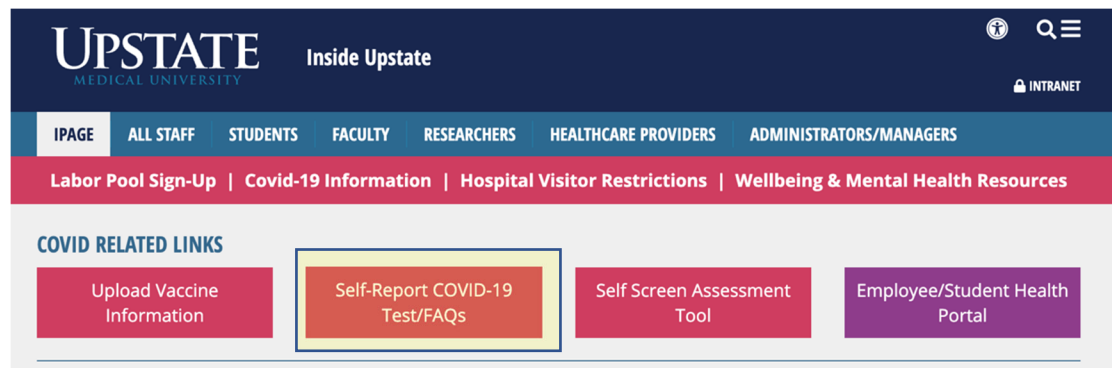
Staff/Student **COVID Resource Hotline** 315-464-8436

or refer to **Policy** [COV P-01 COVID-19 Exposure Protocol](#)

## Staff member has a Positive COVID-19 test

### 1. Staff member will:

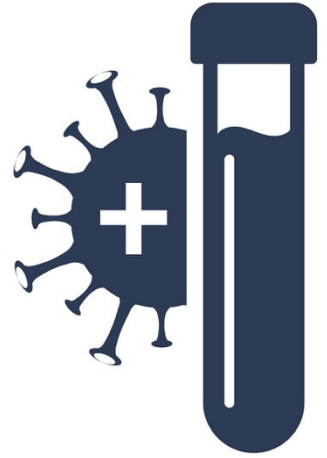
- Notify the manager or call in line
- Go to Upstate i-page. - <https://www.upstate.edu/ipage/intra/>



- click on **Self-Report Covid-19 test/FAQs**
  - 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:
- CALL Employee/Student Health Mon-Fri 7:30 am – 5 pm.**
  - 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.
  - IF the staff member needs to speak to someone immediately AND ESH is CLOSED:
    - 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

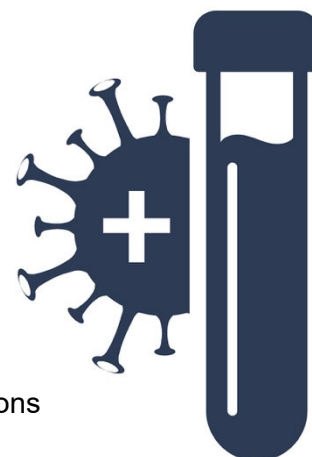
- 2 tests total completed
  - 1 test on day 5
  - 1 test on day 7
- **2 Negative results:** eligible to return on day 8
- **1 or 2 Positive results:** eligible to return on day 11

**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

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## 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](#)

The screenshot shows the 'Positive COVID Self-Reporting Information' section with the following links:

- [Self-Reporting a Positive COVID Test](#)
- [Frequently Asked Questions](#)
- [Return to Work/Clearance Chatbot](#)

## Symptom and Testing – Calendar example

January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 <b>DAY 0</b> Symptom onset date	5 Initial test date	6	7
8	9 <b>DAY 5</b> 1 <sup>st</sup> Home Test Or One PCR Between days 5 - 7	10	11 <b>DAY 7</b> 2 <sup>nd</sup> Home Test	12 <b>DAY 8</b> Return to work if negative test(s) between days 5-7	13	14
15 <b>DAY 11</b> Return to work with any positive test between days 5-7	16	17	18	19	20	21