

# If You Have Had **Close Contact** with Someone Who's Tested Positive for COVID-19

## WHAT COUNTS AS CLOSE CONTACT?

- You were within 6 feet of someone who has COVID-19 for a total of 10-15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed or somehow got respiratory droplets on you

## STEPS TO TAKE IMMEDIATELY

- Self-quarantine at your residence. If you live in the residence halls on campus, **immediately** notify your Residence Director or Residence Assistant via phone or email. Do not physically go to your Residence Director or Residence Assistant.
- Contact your primary medical provider to seek direction from a medical professional. If you do not have a primary medical provider, contact the Wellness Center at (716) 880-2112.
- Complete the **Student Health Screening**. The Wellness Center will contact you as appropriate.
- Continue to self-quarantine using recommendations from the CDC. **Quarantine** is for individuals who may have been exposed by close contact.
- Await further instruction from the College's Vice President for Student Development Office.
- Complete the **COVID-19 Contact Tracing form**.

## EMERGENCY MEDICAL ATTENTION

If you have any of the following emergency warning signs or symptoms, immediately contact emergency medical services for direction:

- Blue lips or face
- Increased rate of breathing
- Shortness of breath
- Chest pain when breathing
- Waking up during sleep with shortness of breath
- New confusion or difficulty waking up

## FOLLOWING UP

- During a self-quarantine period, the College will work to follow up with you regularly through the virtual communication platform which is a video remote learning system. All faculty and students have access to the system.
- The Vice President for Student Development's Office can answer any specific faculty questions, while maintaining your privacy, and will also reach out to your faculty.
- If you are an athlete, student worker or student employee, contact your supervisor/coach to let them know that you will be unable to physically attend work/practice/games for a period of time due to illness. You do not need to reveal the type of illness.
- If the illness progresses, making it difficult to complete academic coursework, please notify your faculty and the Vice President for Student Development's Office.
- If the illness progresses and symptoms increase, continue to remain in active contact with your medical provider for health instructions.

## RETURNING TO COLLEGE PROPERTY

- You will be allowed to return to College property based on the minimums set by the CDC for **quarantine**. There are a variety of factors, including symptoms, days from exposure, and other items listed. The College will work with you to determine how to best return.
- Before returning to College property, please contact the Vice President for Student Development's Office to initiate the return to campus approval process.
- You may not return to campus until you receive written permission from the Vice President for Student Development.
- If you are a Residence Hall student self-quarantined in the designated quarters on campus, this is still the process you follow in order to receive written permission from the College's Vice President for Student Development in order to return to your assigned housing and regular campus activities.