

## **What to do if you have had “close contact” with a COVID + or COVID symptomatic individual**

- Close contact is defined by the CDC and the NY Department of Health as an individual who has had contact less than 6 feet apart for 15 minutes or more with a person who has either tested positive for COVID-19 *or* who has symptoms of COVID-19. *This can also include contact with that individual 2 days prior to when they became symptomatic.*
- **You are required by public health law, to self-quarantine**
- Stay home until 14 days after the last exposure
- If living on campus, you will need to notify residence life staff immediately and proceed to the quarantine floor if you are unable to return home to quarantine for 2 weeks.
- Notify the Student Health Center as soon as possible. (716) 880-2112 or email to [healthservices@medaille.edu](mailto:healthservices@medaille.edu) with any questions or concerns.
- Maintain social distance (at least 6 feet) from others at all times and wear a mask
- Self-monitor for symptoms: (It is important to keep a log if and when you experience any of these symptoms):
  1. Check temperature twice daily and keep a log
  2. Watch for fever greater than 100.4
  3. Chills
  4. Cough
  5. Shortness of breath
  6. Sore throat
  7. Extreme fatigue
  8. Muscle and body aches
  9. Headache
  10. Nasal congestion
  11. Nausea, vomiting, diarrhea
- Avoid all contact with people at higher risk for severe illness from COVID-19
- Follow all CDC guidance if symptoms develop.
- Notify your healthcare provider and seek immediate medical assistance if your symptoms worsen.