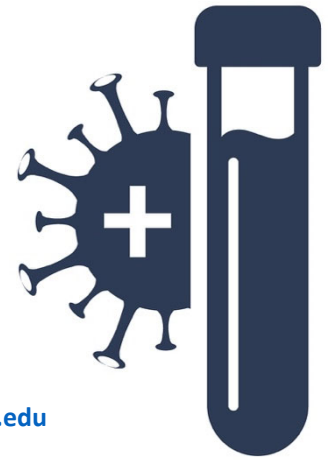# COVID-19 Exposure Protocol - UPDATES

(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:

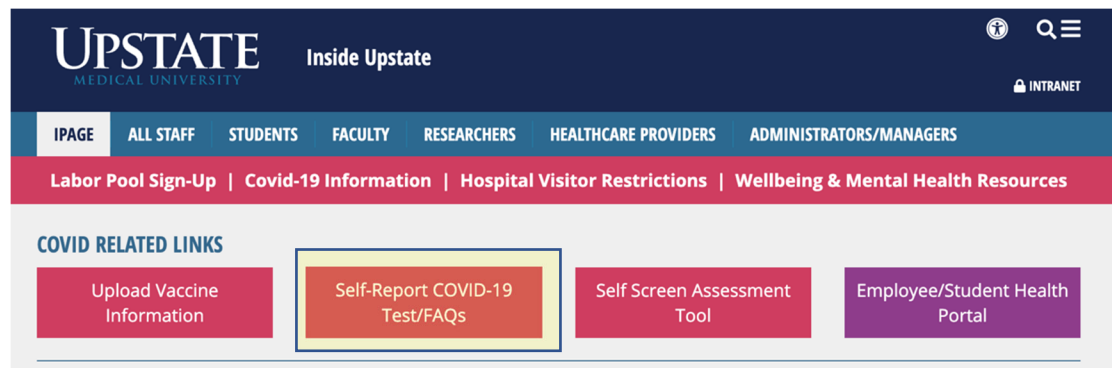**Employee/Student Health** (ESH) 315-464-4260 ESHealth@upstate.edu
Staff/Student **COVID Resource Hotline** 315-464-8436
or refer to **Policy** **COV P-01 COVID-19 Exposure Protocol**

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

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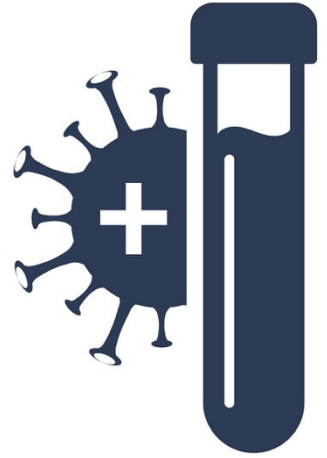
Out of work timeframe

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, <u>whichever</u> 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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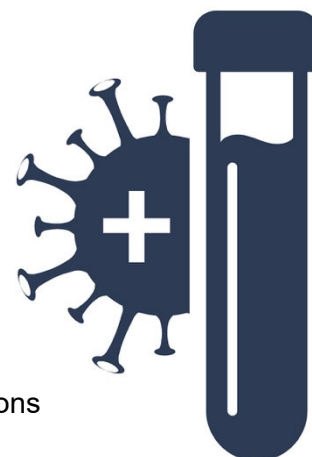
Additional Eligibility requirements to return to work

- 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

Symptom and Testing – Calendar example

January 2023

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