



COVID-19 STUDENT PROTOCOL FOR EXPOSURE AND CONFIRMED OR SUSPECT INFECTION

Dated: May 5, 2021

Supersedes: COVID-19 STUDENT PROTOCOL FOR EXPOSURE and CONFIRMED OR SUSPECT INFECTION dated March 23, 2021.

Related Policy: STUDENT TRAVEL DURING THE 20-21 ACADEMIC YEAR DUE TO THE COVID-19 PANDEMIC

I. PURPOSE

It is the purpose of this policy to define the New York Medical College and Touro College of Dental Medicine ("College") student protocol when there is exposure to COVID-19 infection, confirmed or suspect COVID-19 infection, compliance with New York State Department of Health ("NYSDOH") and Westchester County Department of Health ("WCDH") regulations for such circumstances, and repercussions in the event of non-compliance during the COVID-19 pandemic.

II. POLICY

It is the policy of the College for students to follow isolation and quarantine protocols in accordance with the NYSDOH and WCDH regulations in the event of exposure to and/or confirmed or suspected COVID-19 infection.

Students who fail to comply with this policy or the NYSDOH /WCDH procedures for isolation or quarantine will be subject to disciplinary action.

NYMC Health Services office is authorized to approve deviations from this policy as appropriate for the health and safety of the College community.

III. DEFINITIONS

1. Academic Program Contacts: Persons who will assist for accommodations needed for any academic activities that cannot be completed due to required quarantine or isolation.

School of Medicine: Libor_Velisek@nymc.edu (1st and 2nd year)

Gary_Stallings@nymc.edu (3rd and 4th year)

College of Dental Medicine: Karen.Longo@touro.edu

Health Sciences and Practices: bjohnson23@nymc.edu

School of Basic Medical Sciences: Barbara_Lewis@nymc.edu

2. Isolation: A restriction required to prevent spread of infection from persons with confirmed or suspect COVID-19 infection. The procedures for isolation are detailed at Westchester County Department of Health website, under corona virus, quarantine, isolation protocols.

<https://health.westchestergov.com/images/stories/PDF/isolationprotocol122020.pdf>

3. Quarantine: A restriction required for persons who may be incubating COVID-19 infection due to contact /exposure to infection. Quarantine is for 10 days, beginning from the date of last exposure to the person with COVID-19 infection (date of last exposure = day zero), and continues for 10 consecutive days. Individuals on quarantine must conduct symptom monitoring for a full 14 days. The procedures for quarantine are at the Westchester County Department of Health website, under corona virus, quarantine, isolation protocols.

<https://health.westchestergov.com/images/stories/PDF/quarantineprotocol122020.pdf>

4. Close Contact/ Exposure:

Close contact to COVID-19 infection in a **community setting** for the purposes of quarantine restriction is defined as sharing the same household, direct physical contact, direct contact with infectious secretions, or being within 6 feet of a person with COVID-19 infection for 10 minutes. See NYSDOH definition.

https://coronavirus.health.ny.gov/system/files/documents/2020/04/doh_covid19_lhdc_ontacttracing_040820.pdf

Close contact in a **health care setting** for the purpose of quarantine restriction is dependent upon the nature of the exposure and the personal protective equipment in use. Guidance is provided by the Centers for Disease Control and Prevention:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>

5. Excused Absences: Isolation or quarantine will result in potential absences from academic activity. Such absences will be considered excused absences provided the student is compliant with the procedures of this policy.

6. Fully COVID-19 Vaccinated: Receipt of a complete series (if more than one dose is indicated for the vaccine) of a vaccine approved by FDA for either use or by Emergency Use Authorization, and at least two weeks have passed since the second dose in a two dose series, or at least two weeks following receipt of one dose of a single dose vaccine.

7. COVID-19 Recovered: History of laboratory confirmed COVID-19 infection within the past 90 days.

IV. BACKGROUND

- A. Symptoms of COVID-19 infection may appear 2 to 14 days after exposure to the SARS-CoV-2 virus. The median incubation period from exposure to onset of symptoms is 5-6 days.
- B. The symptoms of COVID-19 infection are: Fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea. **Seek Medical Attention Immediately** for trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, bluish lips or face.
- C. COVID-19 infection, whether confirmed or suspect, requires **Isolation**. For confirmed cases, the duration of Isolation is defined by the NYSDOH. The NYSDOH follows a symptom-based strategy for the discontinuation of isolation. For asymptomatic persons, duration is dependent upon time from the date a diagnostic test was performed. The date of onset of symptoms or, for asymptomatic persons, the date of the positive COVID-19 diagnostic test, is day zero and isolation then proceeds for 10 consecutive days. For NYSDOH duration of isolation for persons in the community see:
https://coronavirus.health.ny.gov/system/files/documents/2020/05/doh_covid19_discontinueisolation_053020-final.pdf
- D. Persons with COVID-19 infection are considered “infectious” for 48 hours before symptom onset, and thus may expose others to infection during this 48 hour period.
- E. COVID-19 close contact/exposure requires quarantine if the exposed person has not been fully vaccinated or has not recovered from COVID-19 within the past 90 days. Quarantine begins at the time of last exposure to the infected person, which is counted as day zero of quarantine, and continues for 10 consecutive days. Cases requiring quarantine also must test at day 5 post exposure.
- F. All cases of confirmed COVID-19 infection, determined by a positive diagnostic test, are to be interviewed by the local Department of Health where the person lives. During this case investigation the Department of Health elicits the names and contact information for close contacts who will require quarantine.

V. PROCEDURES

- A. Procedures for students with close contact /exposed to COVID-19.
 - 1. Determine if the exposure constitutes close contact.
 - a) In the health care setting, speak with the infection control staff of the hospital to assist with this determination.
 - b) In the community setting, speak with the WCDH 914-813-5000 or NYMC Health Services 914-594-4234 to assist with this determination. Always inform NYMC Health Services of any exposures.

- c) A student may be notified directly by the NYSDOH contact tracers of an exposure to a person with COVID-19.
2. If the exposure constitutes close contact in the community or in a health care setting, follow procedures as below:

Vaccination Status	Post Exposure Requirements
Fully Vaccinated or COVID-19 Recovered Within 90 Days	Symptom monitoring for 14 days
Non-Fully Vaccinated or Not COVID-19 Recovered in past 90 days	1. Symptom monitor for 14 days 2. Quarantine for 10 days 3. Test Day 5 post exposure

3. If not already done, send Health Services a PDF copy of your COVID-19 vaccination card or documentation of COVID-19 test if within the past 90 days.
4. Contact Health Services with the details of your exposure and your status in accordance with the table above.
5. If the exposed person is subject to quarantine and testing as indicated above begin quarantine procedures as outlined in section B of this document. For those students who are not subject to quarantine or testing, Health Services will send the student a symptom monitoring log and no further correspondence is needed.
6. For students requiring quarantine, NYMC Health Services will issue a Starting Quarantine letter to the student and inform the Academic Program Contact.
7. To exit quarantine the student must:
- a) Obtain a negative COVID-19 molecular diagnostic test not sooner than 5 days after the last exposure to the person with COVID-19 infection because 5-6 days is the median incubation period. The COVID-19 diagnostic test must be either a COVID-19 PCR molecular test or a COVID-19 rapid molecular test.
 - b) Be asymptomatic for the full 10 days of required quarantine or exposure monitoring and email a scanned PDF copy of the completed symptom monitoring log to Health_Services@nymc.edu at the end of day 10. Students are to continue to monitor symptoms on days 11-14 post exposure but submit the log to Health Services at the end of day 10.
 - c) Health Services will review the submissions and issue a Clearance From Quarantine /Monitoring letter to the student and to the Academic Program Contact.
8. If at any point during the 14 day period (10 day quarantine plus days 11-14 post-exposure symptom monitoring) a student develops symptoms consistent with COVID-19 infection, the student must immediately isolate at home and notify Health Services.

9. Close contacts of cases of COVID-19 infection may be contacted by NYSDOH contact tracers who will also request results of temperature and symptom monitoring.

B. Procedures for Quarantine:

1. Quarantine Generally: Quarantine is for 10 days but all persons must self-monitor temperature and symptoms twice daily, or at least every 12 hours during a shift for 14 days post-exposure. The symptom monitoring log will be provided by Health Services and must be returned to Health Services at the end of day 10 for those students requiring quarantine and testing. In addition, a negative COVID-19 molecular diagnostic test not sooner than 5 days after the last exposure will be required to exit quarantine after day 10. One may exit quarantine for performance of this test.
2. The procedures for quarantine are at the Westchester County Department of Health website, under corona virus, quarantine, isolation protocols. <https://health.westchestergov.com/images/stories/PDF/quarantineprotocol122020.pdf> The New York State Department of Health (NYSDOH) requirements to safely quarantine include:
 - a) The individual must not be in public or otherwise leave the quarters that they have identified as suitable for their quarantine.
 - b) The individual must be situated in separate quarters with a separate bathroom facility for each individual or family group. Access to a sink with soap, water, and paper towels is necessary. Cleaning supplies (e.g. household cleaning wipes, bleach) must be maintained in any shared bathroom. Students living in the same apartment constitute a family group.
 - c) The individual must have a way to self-quarantine from household members as soon as fever or other symptoms develop, in a separate room(s) with a separate door. Given that an exposed person might become ill while sleeping, the exposed person must sleep in a separate bedroom from household members.
 - d) Food must be delivered to the individual's quarters.
 - e) All individuals in a living unit must wear a face mask if they become symptomatic.
 - f) Garbage must be bagged and left outside for routine pick up. Special handling is not required.
 - g) A system for temperature and symptom monitoring must be implemented to provide assessment in-place for the quarantined individual in their separate quarters.
 - h) Nearby medical facilities must be notified, if the individual begins to experience more than mild symptoms and may require medical assistance.
 - i) The quarters must be secure against unauthorized access.

C. Procedures for students with confirmed COVID-19 infection:

1. If you develop symptoms of COVID-19 infection or receive a positive COVID-19 diagnostic test result, **immediately notify your physician and NYMC Health Services**. Contact NYMC Health Services at 914-594-4234 or Health_Services@nymc.edu.
2. If you receive a positive diagnostic test result, you must self-isolate. Isolation procedures are explained at: Westchester County Department of Health website, under corona virus, quarantine, isolation protocols.

<https://health.westchestergov.com/images/stories/PDF/isolationprotocol122020.pdf>

3. Students must submit a copy of the COVID-19 diagnostic test result to NYMC Health Services via email at Health_Services@nymc.edu.
4. NYMC Health Services will issue a Starting Isolation letter to the student and to the Academic Program contact.
5. The isolation letter includes a symptom monitoring log.
6. Students on isolation may not engage in any Essential Academic Activity even if the student is asymptomatic.
7. Students in isolation will be excused from in-person academic activity during the isolation period. The Academic Program Contact will assist the student in securing appropriate accommodations for missed work.
8. **Seek Medical Attention Immediately** for trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, bluish lips or face or any worsening symptoms.
9. The student will be contacted by the local Department of Health where the student lives to discuss isolation and for contact tracing.
10. Students with a confirmed infection should begin a list of contacts to prepare for the Department of Health interview and inform NYMC Health Services of any contacts at NYMC/TCDM. A form for contact listing is here:

https://coronavirus.health.ny.gov/system/files/documents/2020/05/13114_covid19_contacttracing_051420_0.pdf

11. On campus or off-campus roommates of students with confirmed COVID-19 infection must begin symptom monitoring and begin quarantine procedures if subject to quarantine post exposure as outlined above. These exposed students follow Procedure A above (Procedures for Students with Close Contact /Exposed to COVID-19).
12. The duration of isolation for a student with infection is determined by NYSDOH protocol. To be eligible to return to academic activities, the student must:
 - a) have maintained isolation for at least 10 days after illness onset,
 - b) be fever-free for at least 72 hours without the use of fever reducing medications, and
 - c) have other symptoms improving.

If a student is asymptomatic, isolation must be maintained for at least 10 days from the date of the positive test. See NYSDOH protocol:

https://coronavirus.health.ny.gov/system/files/documents/2020/07/health_advisory_rtn_to_work_7-24.pdf

13. NYMC Health Services will stay in contact with a student during the isolation period and will assist the student to know when the student may discontinue isolation. This is done in collaboration with the local Department of Health follow-up.
14. At the time isolation is complete, NYMC Health Services will issue a letter to the student and to the Academic Program Contacts indicating isolation is complete. The student may also request a letter from the local Department of Health.

D. Procedures for students with suspect COVID-19 infection:

1. If you develop symptoms of COVID-19 infection **immediately notify your physician and NYMC Health Services**. Contact NYMC Health Services at 914-594-4234 or Health_Services@nymc.edu.
2. If you develop symptoms, you must self-isolate. Isolation procedures are explained at: Westchester County Department of Health website, under corona virus, quarantine, isolation protocols.

<https://health.westchestergov.com/images/stories/PDF/isolationprotocol122020.pdf>

3. A negative COVID-19 molecular diagnostic test will be required before a student with suspected COVID-19 infection can be released from isolation.
4. NYMC Health Services will send an “off duty” letter to symptomatic students and to their Academic Program contact.
5. Students in isolation will be excused from in-person academic activity during the isolation period. The Academic Program Contact will assist the student in securing appropriate accommodations for missed work.
6. The duration of isolation for students awaiting or unable to obtain a diagnostic test will be in accordance with NYSDOH protocol. To be eligible to return to academic activities, a symptomatic student must:
 - a) have maintained isolation for at least 10 days after illness onset,
 - b) be fever-free for at least 72 hours without the use of fever reducing medications, and
 - c) have other symptoms improving.

https://coronavirus.health.ny.gov/system/files/documents/2020/07/health_advisory_return_to_work_7-24.pdf

7. Students must submit a copy of the COVID-19 diagnostic test result to NYMC Health Services via email at Health_Services@nymc.edu.
8. NYMC Health Services will review the test and inform the student and the Academic Program Contact when isolation is no longer required.
9. Asymptomatic on-campus or off-campus College roommates of symptomatic students awaiting test results will not be required to quarantine unless otherwise specified by NYMC Health Services.

VI. REFERENCE WEBSITES

- [New York State Department of Health](#)
- [Westchester County Department of Health](#)
 - [Isolation Requirements](#)

- [Centers for Disease Control and Prevention](#)
 - [Suggested disinfectants](#)
- CDC: Exposure in Health Care Setting <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>

VII. EFFECTIVE DATE

This policy is effective immediately.

VIII. POLICY MANAGEMENT

Responsible Executive: Vice Chancellor for College Student Services

Responsible Officer: Chancellor and Chief Executive Officer

Responsible Office: Health Services