

CUNY no longer has COVID-19 protocols. Employees should follow the guidance of their medical care provider and of the CDC which can be found on <https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>. Please read carefully as they discuss symptoms, when to mask, when to isolate, when to end isolation and when to unmask. At the bottom of the email you will find information on NYS COVID leave. The following is an excerpt from the full guidance on the CDC website:

CDC states the following:

If you test positive for COVID-19, **stay home for at least 5 days and isolate from others in your home.**

You are **likely most infectious during these first 5 days.**

- **Wear a high-quality mask** if you must be around others at home and in public.
- Do not go places where you are unable to wear a mask. For travel guidance, see CDC's [Travel webpage](#).
- [Do not travel](#).
- Stay home and separate from others as much as possible.
- Use a separate bathroom, if possible.
- Take steps to [improve ventilation](#) at home, if possible.
- Don't share personal household items, like cups, towels, and utensils.
- Monitor your [symptoms](#). If you have an [emergency warning sign](#) (like trouble breathing), seek emergency medical care immediately.
- Learn more about [what to do if you have COVID-19](#).

**End isolation based on how serious your COVID-19 symptoms were.** Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.

If you had no symptoms:

- You may end isolation after day 5.

If you had symptoms and:

Your symptoms are improving

- You **may end isolation after day 5** if:
- You are fever-free for 24 hours (without the use of fever-reducing medication).

**After you have ended isolation, when you are feeling better** (no fever without the use of fever-reducing medications and symptoms improving),

- Wear your mask through day 10.

**OR**

- If you have access to antigen tests, you should consider using them. With two sequential negative tests 48 hours apart, you may remove your mask sooner than day 10.

If you had symptoms and had:

**Moderate illness** (you experienced shortness of breath or had difficulty breathing)

- You need to **isolate through day 10.**

**Severe illness** (you were hospitalized) or have a weakened immune system

- You need to **isolate through day 10.**
- **Consult your doctor** before ending isolation.
- Ending isolation without a viral test may not be an option for you.

If you are unsure if your symptoms are moderate or severe or if you have a weakened immune system, talk to a healthcare provider for further guidance.

### **New York State's COVID Leave:**

If you are too unwell to work (or are symptom free but cannot work from home\*) you may need to take NYS COVID leave. Please use the links below for more information on New York State's COVID Leave benefits and eligibility. \*Employees who are symptom free and are able to work remotely, are not eligible for this benefit.

CUNY [COVID-19 New York Sick Leave Reference Guide](#)

CUNY [COVID-19 New York State Leave Application](#)

Send the completed form to [HRTIMEKEEPING@csi.cuny.edu](mailto:HRTIMEKEEPING@csi.cuny.edu). (with proof of the positive COVID-19 test)

Following the isolation period and prior to returning to work please provide a doctor's note to Human Resources clearing you to return to work **if you are out sick beyond five (5) workdays.**

If you have questions please email [HRTIMEKEEPING@csi.cuny.edu](mailto:HRTIMEKEEPING@csi.cuny.edu)