



## COVID-19 Guidance for Institutes of Higher Education

The New York City Health Department offers the following guidance for institutes of higher education operating in NYC in accordance with the New York State Department of Health's travel-related considerations for institutes of higher education.

Students and faculty returning from study abroad or travel are no more or less at risk than students and faculty in NYC due to the widespread community transmission of coronavirus disease 2019 (COVID-19) across the city. **Everyone in New York City should act as if they have been exposed to COVID-19. This means monitoring one's health closely and staying home as much as possible.**

### NYC Health Department recommendations for all students and faculty:

Students and faculty should self-monitor their health at home.

- Self-monitoring means checking oneself for fever and remaining alert for cough, shortness of breath or sore throat. It is critical that all New Yorkers stay home as much as possible, especially if they feel sick. People should work from home if possible and avoid nonessential travel and social interactions, even if they have no symptoms.
- Most illness caused by coronavirus is mild. **If you have fever, cough, shortness of breath, sore throat or other cold or flu-like symptoms, and they are not due to a preexisting health condition like asthma or emphysema, stay home.** You do not need to see your doctor and you do not need to get tested. This is because getting tested will not change how your doctor will take care of you. By staying home, you reduce the possibility of transmission to others, including health care workers who are needed to care for the more seriously ill.

Students and faculty should consult with their doctors if they have:

- Fever, cough, shortness of breath or other cold or flu-like symptoms that get worse or do not go away after three to four days
- Mild symptoms and are age 50 or older or have any of other health conditions, such as chronic lung disease, heart disease, diabetes or a weakened immune system

Students and faculty should reach out to their doctor from home:

Use telephone, text, telemedicine or a patient portal to reach out to your doctor rather than going to their office in person. People only need to be tested if they are admitted to the hospital for severe illness like pneumonia. If you need help finding a health care provider, you can call **311** to find a NYC Health and Hospitals provider. NYC Health and Hospitals provides care to all New Yorkers, regardless of immigration status, insurance status, or ability to pay.

Make plans for university housing:

- If students who have remained housed in university or college dorms identify themselves as ill, universities and colleges should try to provide an alternative housing location such as a single room with a private bathroom. It is encouraged to support the student or staff needs during this period such as with food and other necessities.

**All students and university staff who are ill with fever, cough, shortness of breath, sore throat, or other cold or flu-like symptoms should assume they have COVID-19 and do the following:**

- Do not leave your home except to get medical care.
- Do not go to school or to work.
- Do not take public transportation. Do not use ride shares or taxis.
- Separate yourself from others in your home, as much as possible. Stay in a different room. Use a separate bathroom if available. If you share a bathroom, disinfect frequently touched surfaces after each use.
- Wash your hands often with soap and water for at least 20 seconds.
- Cover your mouth and nose with a tissue or your sleeve when sneezing or coughing. Do not use your hands to cover your sneeze or cough. Immediately throw out tissues and wash your hands afterward.
- Clean surfaces that are frequently touched, such as counters, doorknobs, bathroom fixtures and phones. Clean them after each use or at least once every day. Use a household cleaning spray or wipe.
- Do not share personal household items, such as glasses, cups, eating utensils and towels.
- Do not have visitors come to your home.