Steps to take if you knowingly have close contact with anyone with suspected or confirmed COVID-19 or if you test positive for COVID-19.

1. Go to the online symptom self-check: https://covid19.columbia.edu/content/symptom-selfchecking and record the close contact or positive COVID-19 test.
2. Follow these directions:
   - Do not come to work,
   - Notify your supervisor, human resources, or departmental administrator that you are not coming to work,
   - Contact your health care provider for health advice including advice regarding COVID-19 testing, and
   - Follow your health care provider's guidance regarding return to work.
3. If you have had close or proximate contact with a person with suspected or confirmed COVID-19 for 10 minutes or more AND you are not experiencing COVID-19 related symptoms AND you do not have a positive test:
   - You will be required to quarantine by staying at home, separating yourself from others, and monitoring your health for symptoms.
   - Upon completing 10 days of quarantine, you may return to work (unless you are a clinical provider; please follow guidance specific for healthcare workers).
     - Note, quarantine requirements were reduced from 14 to 10 days, effective December, 2020.
   - COVID-19 testing is strongly recommended.
4. If you test positive for COVID-19:
   - You will be required to isolate. Even in your home, take measures to separate yourself from others by staying in a specific "sick room" or area and using a separate bathroom (if available).
   - Follow guidance from your health care provider on treatment and isolation recommendations.
   - Isolation can end after 10 days from the onset of symptoms or 10 days after the first positive test if you remain asymptomatic, and 24 hours free of fever (without fever-reducing medication) and with improvement of respiratory symptoms.
   - You may return to work after the last day of isolation, and following clearance from Workforce Health and Safety (CUIMC) or your healthcare provider.
5. Facilities should be contacted to conduct cleaning and disinfection of the space occupied by any individual who tests positive (is in isolation) for COVID-19. The workstations and/or shared office spaces of persons who are in quarantine do not need additional cleaning or disinfecting, other than what is included in the regular cleaning schedule by Facilities.
6. Who handles return to work issues in general?
   - For faculty and staff at CUIMC engaged in patient care who are credentialed at NYP and/or work in the Columbia Faculty Practice Organization: Work Force Health and Safety (CUIMC) or your healthcare provider.
   - For faculty and staff at CUIMC not engaged in patient care: CUIMC or School Human Resources 212-305-HELP, Option 4.
   - For faculty and staff at Morningside, Manhattanville, and other campuses: Columbia Human Resources (212) 851-0617 or School HR.
7. Where can I get more information?