Guidance for students, faculty, or staff planning to visit or returning to Berkeley from an area with widespread community transmission of COVID-19 (CDC Level 3 Countries)

While you are in an area with COVID-19:

- Wash your hands frequently and avoid touching your face.
- Avoid close contact (<6 feet) with large numbers of people. CDC does not recommend the routine use of masks or other personal protective equipment while in public areas, but local practices may differ.
- If you should become ill with fever and lower respiratory symptoms, follow local health department guidance. EAP students should notify the local UCEAP representative when possible.
- Monitor the CDC web site for updates on a regular basis: www.cdc.gov/coronavirus/2019-ncov
- If you have been in close contact with a confirmed COVID-19 patient, you should not leave the affected area until you have been evaluated locally.

Visiting or returning to Berkeley from a Level 3* Country or area:

All UC Berkeley faculty, staff, students, postdocs and other UC affiliates including visiting scholars are asked to call the University Health Services COVID-19 Travel Line at (510) 642-6622 upon arrival in the Bay Area for instructions and support.

If you are healthy and have no symptoms, take these steps to monitor your health and practice social distancing:

- Stay home and avoid contact with others. Do not go to work or school for this 14-day period. Do not take public transportation, taxis, or ride-shares during the time you are practicing social distancing.
- Avoid crowded places (such as stores or movie theaters) and limit your activities in public as much as possible.
- Take your temperature with a thermometer two times a day and monitor for fever. Also watch for cough or trouble breathing.

You can discontinue these procedures 2 weeks after leaving the COVID-19 affected area if you do not become ill.

If you have any signs of illness, especially fever, chills, cough, have difficulty breathing or shortness of breath:

- Put on a surgical (paper) mask, if you have one, and stay in a private room.
- Call your healthcare provider immediately for further guidance (students only: call the the UHS Nurse Advice Line at (510) 643-7197).
- Don’t expose others. Please be sure to let your healthcare provider know the concern for COVID-19 as soon as you arrive.

For life-threatening medical emergencies, always call 911.
For additional information on COVID-19, please visit uhs.berkeley.edu/coronavirus

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