

Individual Action in Response to COVID-19 Cases

Guidance for Students

Basic Safety Practices to Slow the Spread

1. Wash your hands frequently, for at least 20 seconds, with soap. Consider carrying hand sanitizer with you when you are out and might touch shared objects.
2. Minimize contact with high-touch surfaces like door knobs; don't share utensils.
3. Wear a mask that covers your mouth and nose whenever you leave home.
4. Practice physical distancing: avoid crowded places and events with >12 people, gather outside whenever possible, and STILL wear a mask.
5. Stay home and self-isolate if you are ill; get tested.
6. Stay informed: <https://www.cdc.gov/coronavirus/2019-ncov/>

What should I do (as an individual) if I believe I may have COVID-19 or have been exposed to someone with COVID-19 ?

- Don't panic -- most young people do well.
- Self-isolate and don't share; do not travel home to family and risk further spread.
- Worth knowing: risk of transmission is generally limited to those who have > 15 minutes within 6 feet of someone with COVID-19, or who share a household or other congregated activity or setting ("close contacts")
- Next steps:
 - If you are experiencing mild symptoms or have been a close contact to a case, schedule a telephone appointment with a UHS clinician online at eTang.berkeley.edu
 - If you are seriously ill, stop by the Durant side of Tang M-F 10am-4pm, seek Urgent Care locally, or go directly to the nearest Emergency Room.
 - If you are ill and unsure if you should be seen, call the UHS Advice Line at 510-643-7197.
- If tested: while test results are pending you should self-isolate until it is determined safe to leave by the public health department or the UHS COVID Response Team. Further guidance on self-isolation can be found on the [CDC website](https://www.cdc.gov/coronavirus/2019-ncov/).
- If you have a lab-confirmed positive test outside of UHS testing services, call the UHS CONFIDENTIAL line at 510-643-8227 to inform our clinical teams.
 - Your private information will NOT be shared beyond requirements for Public Health.
 - This information helps our contact tracing efforts to minimize the spread of COVID-19 throughout the campus community.

UHS Advice Line (24/7) 510-643-7197

Stay informed with the most up to date COVID-19 health information at:
<https://uhs.berkeley.edu/coronavirus-covid-19-information>