Exposure guidelines (updates 5/19/2023)

You have been identified as a household or close contact to a person who tested positive for COVID-19.

**IF YOU ARE IMMUNOCOMPROMISED, NOT FULLY VACCINATED OR OTHERWISE BELIEVE YOURSELF TO BE AT AN INCREASED RISK OF PROGRESSION TO SEVERE ILLNESS, PLEASE REACH OUT TO THE ISOLATION COORDINATORS (RESLIFE/HOUSING) AT 510-502-2199 TO DISCUSS YOUR OPTIONS. PLEASE SEE THE THE CDC WEBSITE FOR MORE INFORMATION**

Per most recent California Department of Public Health orders:

1. **All students, regardless of vaccination status - NO QUARANTINE NEEDED** so long as you:
   - Are not experiencing any symptoms of COVID-19
   - Test within 3 to 5 days after your last exposure, unless you have had an infection within the 30 days prior to your exposure (see below)
   - Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings or when near those at higher risk for severe COVID-19

2. **IF SYMPTOMS DEVELOP, GET TESTED IMMEDIATELY AND SELF ISOLATE** regardless of prior infection. To report a positive COVID result, please message the COVID Response Team through the eTang portal.

3. **If you tested positive for COVID within the 30 days** prior to your exposure, do not get tested unless you develop symptoms. If symptoms develop, get an antigen test immediately and self-isolate.

4. **EMPLOYEES, including student employees - ADDITIONAL INFORMATION:** see UC Berkeley Return to Work Grid
   - Regardless of vaccine status, no work exclusions or quarantine is needed as long as you do not have any symptoms.
   - Healthcare workers, Please contact the Occupational Health COVID Reporting Line for department-specific requirements: (510) 332-7192.

5. **UC Vaccine and Booster requirements:** Please upload documentation of your COVID VACCINES AND BOOSTERS on the eTang portal under UPLOAD COVID BOOSTER in the blue box on the eTang landing page. ([https://uhs.berkeley.edu/requirements/covid19](https://uhs.berkeley.edu/requirements/covid19))
   For updated campus COVID information, please reference: [https://coronavirus.berkeley.edu/](https://coronavirus.berkeley.edu/)

Sincerely,

UC Berkeley COVID Response Team
Additional resources:

**UCB Services:**

- Emotional Support: Tang counseling services are available for all students at 510-642-9494 (from 8am- 5pm) at 855-817-5667 after 5pm. The Employee Assistance Program (counseling for faculty and staff) can be reached at 510-643-7754.
- Basic Needs: For help obtaining food or essentials, visit the Basic Needs Center’s website at basicneeds.berkeley.edu, where you can complete a Basic Needs Assistance Form.
- Medical Concerns: Students can call the 24 hour Nurse Advice line at 510-643-7197. Staff and faculty, please contact your healthcare provider.
- University Village: If you live in UVA and need isolation or food support, please call the front desk at 510-526-8505.

**PUBLIC HEALTH QUARANTINE GUIDANCE:**


The quickest way to get in contact with the COVID Response Team is to go on the eTANG Portal, click on Messages, click on New Messages, click on Contact the COVID Response Team, choose the most appropriate topic.