**FAQ-Covid Positive**

Please read over these frequently asked questions regarding your COVID isolation and let us know if you have any additional questions.

**FREQUENTLY ASKED QUESTIONS:**

**How do I keep myself and people around me safe while I am isolating in place?**

- Wear a high-quality, well-fitted mask at all times in your room (unless you live alone). We recommend a N95 mask but other good options include double masking with a regular surgical (paper) mask, KN95, KF95.
- Keep the door to your room closed at all times, with the windows open if possible. If you have access to an air purifier, keep that on for the duration of your isolation. (DO NOT use a fan in your room.)
- We encourage you to disclose this news to your roommate(s)/suite mate(s) so that they can take the appropriate actions.
- Communal bathrooms: Try and avoid using them during peak hours. Keep your mask on at all times except for when you are brushing your teeth or taking a brief shower. ALWAYS pick a stall that is closest to an open window. Sanitize your hands and wipe down any surfaces you have touched with Sani wipes provided in your bathroom.
- Food: You should not eat meals with others, especially in communal dining halls or restaurants. Dining Commons (Cafe 3, Clark Kerr, Crossroads, and Foothill) offer carryout meals for students in isolation who are on meal plans. Ask a friend/roommate to pick it up for you if possible. Otherwise, wear a mask and be brief in picking up your meals. See also: https://caldining.berkeley.edu/covid19/#ws
- You may go outside to sit or take a brief walk. Keep your distance from others and wear your mask at all times. We highly discourage you from doing laundry during your isolation period. If you must, follow the schedule for your floor and avoid peak hours.
- See also housing.berkeley.edu/isolation-and-quarantine-information/

**Can I go to class while in isolation?**

The following is not permitted during isolation:

- Going to in-person classes, labs, or workplaces.
- Being with others in a crowd.
- Attending any group events like religious services, indoor/outdoor concerts or any gathering with a group of people.
- Using gyms or other recreational facilities.
- Use public transport/Rideshare

**What do I do if I start to feel like my symptoms are worsening or becoming unmanageable?**

For worsening or severe symptoms, such as persistent fever over 100F for more than 72 hours, or a severe cough with chest pain or shortness of breath, please call the Nurse Advice Line at 510-643-7197. For emergency symptoms, such as struggling to breathe, CALL 911.
How do I calculate my isolation period?
"Day 0" is your symptom onset date or your test date, whichever is earlier. If your test date was more than 5 days after your symptom onset or if you had multiple negative tests between your symptom onset and your test date, please send a secure message to the COVID Response Team through eTang for help determining your "Day 0." You may release from isolation after 5 full days (that is on "Day 6") provided that symptoms are not present, or are mild and improving; AND you are fever-free for 24 hours (without the use of fever-reducing medication). You must continue to wear a mask when you are around others through "Day 10."

Can I test out of isolation?
A test is no longer required to end your isolation after Day 5 (see above for calculating dates). You may NOT release out of isolation earlier than this. UC Berkeley's policy is consistent with CDPH's current public health order: https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-e-for-COVID-19-Contact-Tracing.aspx

Can I leave my on-campus dorm/apartment to isolate off-campus?
While we strongly recommend you remain in one place for the duration of your isolation to minimize the number of people who may be exposed, you do have the option to isolate off campus. If you would like to isolate elsewhere, please avoid public transportation/ride shares and consider the safety of anyone who may assist you with transport or housing. Please send the COVID Response Team a secure message through eTang to let us know that you will be completing your isolation off campus. Please send a general message to the COVID Response Team.

I have an issue with my room/roommate/residence hall where I am isolating. Who do I contact?
For any issues concerning your residence hall during isolation - including your room, roommate(s), bathrooms, food services, laundry services, etc. - please email Housing at reshall@berkeley.edu.

What are the travel guidelines during and after isolation? What do I do if the dorms close before I can travel?

According to the California Department of Public Health:

- Persons who have tested positive for COVID-19 should not travel until a full 10 days after symptom onset or 10 days after the positive test specimen collection date if they do not have symptoms.
- Travel is discouraged before the 10 days are completed, but if travel is unavoidable, persons should wear a well-fitting mask with good filtration when around others during travel for the entire 10 days.
- If ending isolation but still need to continue wearing a mask per Isolation and Quarantine Guidance, travel is discouraged on public transportation if the person is unable to wear a mask or respirator when around others for the full duration of the trip.

If you are unable to meet these guidelines due to your dorm closing, please contact the isolation coordinators (Res Life/Housing) at 510-502-2199 to discuss your circumstances and options.