COVID-19 Health and Safety Guidance for Returning, Moving, or Visiting Berkeley
For Students, Faculty, and Staff

Widespread ongoing transmission of the novel coronavirus causing COVID-19 is occurring globally. During the pandemic, you may be exposed to the virus while traveling—from sick persons at airports, or on airplanes, ships, trains, or buses.

Protecting yourself while traveling
- CDC recommends that travelers avoid all nonessential international travel. If you must travel:
  - Wear a face covering whenever you are near others, or in crowded places
  - Maintain physical distance (> 6 feet, or 2 meters) from anyone outside your household
  - Wash your hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. It is especially important to clean hands after going to the bathroom; before eating; and after coughing, sneezing or blowing your nose.
  - Avoid touching your eyes, nose, or mouth with unwashed hands.
  - Avoid contact with sick people
  - Avoid traveling if you are sick, or if your age or health puts you at higher risk
  - Stay on top of local public health guidelines - during your travel, and before your return.

Once you have arrived in Berkeley
- For the first 2 weeks, you should self-quarantine to avoid potentially sharing virus:
  - For the first 2 weeks, try to stay mindful, stay socially connected or even make new connections, but do so in a way that maintains physical distance.
    - Stay home! This is a good time to have food delivered.
    - Minimize time spent in shared spaces including kitchens or lounges.
    - Wipe down shared spaces/high touch surfaces after use with disinfectant or alcohol (doorknobs, handles, etc)
    - Do not invite others into your private room
    - Do not spend time with people whose age or health puts them at higher risk
  - Connect to others via various campus social media, virtual campus events, and through student and staff organizations.
    - Touch base frequently with friends and family both on campus and from home via phone, email, and letters.
    - Monitor your health and how to get care if needed. Students should contact the UHS advice line at (510) 643-7197, and faculty and staff should contact their medical provider.
  - Get tested if you develop symptoms of COVID-19, or if you have been in close contact with a case. Testing is available for symptomatic students, faculty, and staff at UHS, as well as many other locations.

For additional information on COVID-19, please visit uhs.berkeley.edu/coronavirus