



## 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
  - 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 riskway that maintains physical distance.
- 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](https://uhs.berkeley.edu/coronavirus)