UHS COVID-19 Isolation Instructions

You have tested Positive for COVID-19. You are presumed to be contagious. Please start self-isolating. Please read below for important information and resources.

Please do not get retested at UC Berkeley. You should not do a COVID PCR test again for at least 30 days from your positive COVID-19 test date. IF YOU ARE IMMUNOCOMPROMISED OR HAVE SEVERE SYMPTOMS please call your medical provider to get care instructions and treatment (Students should call The UHS Advice Nurse at 510-643-7197).

1. PLEASE GO TO YOUR eTANG Portal (etang.berkeley.edu) AND COMPLETE THE COVID 19 POSITIVE TEST QUESTIONNAIRE
   - Go to Messages -> New Message -> Select “Report A Positive Test Results/Complete the COVID Positive Test Questionnaire"

2. CONTACT TRACING:

   Please notify your close contacts (anyone you spent 15 mins or more in a 24 hour period in a shared indoor space beginning the 2 days prior to the onset of symptoms or test date, whichever is earlier) so that they are aware of their COVID exposure and so that they can get tested.

   If you are a student in a medical program and have seen patients during the infectious period, please inform your instructor.

3. ISOLATION: Consistent with Public health guidelines:

   Students in Campus Housing: If you live in a Campus housing (Dorms/apartments), it is strongly recommended that you isolate in place. It is recommended that you wear a well fitted mask when around others or using indoor areas shared by others. A N95 mask or surgical mask is preferred, you can double mask with a surgical and cloth mask to achieve a better seal. Try not leaving your room unnecessarily and keep windows open to encourage good air circulation.

   Students and Staff: Isolate and stay home for at least 5 days after the start of symptoms or after the date of first positive test, if no symptoms.

   Isolation can end after Day 5 if:
   1. Symptoms are not present, or are mild and improving; AND
   2. You are fever-free for 24 hours (without the use of fever-reducing medication). If fever is present, isolation should be continued until 24 hours after fever resolves.
If symptoms, other than fever, are not improving, continue to isolate until symptoms are improving or until after Day 10. Call your doctor if symptoms are not improving by Day 11 or if you have new symptoms.

Provided you are not a healthcare worker, you may return to campus/work once you have completed your isolation, as defined above. **Consistent with CDPH masking guidance, is it strongly recommended that you wear a well-fitting mask around others for a total of 10 days, even if you ended your isolation earlier.**

If you are a healthcare worker, call Occupational Health at (510) 642-6891 for return to work instructions.

After you have ended isolation, if your symptoms recur or worsen, get tested again and if positive, restart isolation.

The CDPH guidelines are available at:

You should NOT complete a PCR test for COVID-19 for 30 days following the date of your positive, as persistent or intermittent positive PCR tests do not correlate with symptoms or infectiousness. If you develop new symptoms within 1 month, COVID antigen testing is recommended instead (two tests, 24 hours apart).

**4. EMPLOYEES - RETURN TO WORK INSTRUCTIONS**

You may return to work onsite once your isolation period is over (see above).

***If you need a letter to show your supervisor, please request one by sending a message to the Occupational Health Clinic via the eTang portal***

Healthcare workers: Please contact Occupational Health before returning to work, either by sending a message in the eTang portal or call (510) 642-6891.

***If you feel that your positive COVID test result is work related, please ask your supervisor to fill out the Employer's First Report (EFR) to file a Worker's Compensation Claim.***

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**ADDITIONAL RESOURCES**

**UCB SERVICES:**
Emotional Support: UHS 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 basic.needs.berkeley.edu, where you can fill out 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.

SELF-CARE GUIDANCE:

If you are at risk of progression to severe disease (including due to age 65+, BMI >25, racial or ethnic minority, current or recent pregnancy, or underlying/chronic health problems) and have ANY symptoms, please reach out to your primary care provider. You may be eligible for treatment to help prevent disease progression and this treatment should be administered early in your disease course.

For Mild Symptoms: Take Tylenol (acetaminophen) 500mg every 4-6 hours to control fever and to treat aches and pains. If you have a cough, take a cough specific medicine like MUCINEX (guaifenesin). If you have nasal congestion, take a decongestant like PHENYLEPHRINE (Sudafed PE). It is important to drink 2-3 liters of water or other fluids (like soup, juice, etc.) per day to help your body fight the infection and avoid dehydration.

For More 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 your primary care physician.

For Severe Symptoms: such as struggling to breathe, CALL 911.