UHS COVID-19 Isolation Instructions

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

You should not do a COVID PCR test again for 90 days from your +COVID test date. IF YOU ARE IMMUNOCOMPROMISED, NOT FULLY VACCINATED, OR HAVE SEVERE SYMPTOMS please call your medical provider (STUDENTS, CALL THE 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 Contact the COVID Response Team / Reporting Positive Test Results/Complete the COVID Positive Test Questionnaire -> Select “Report a Positive COVID Test /Fill out the Positive Test Questionnaire”

2. CONTACT TRACING:
   Activate CA NOTIFY ON YOUR PHONE (https://canotify.ca.gov/code)
   It would be helpful if you can 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.

   Berkeley residents: you will receive a text message from 23393 sent on behalf of City of Berkeley Public Health. Please answer questions in this survey as it helps gather important information regarding COVID-19 in the community.

3. ISOLATION: Consistent with Public health guidelines:

   **All Students and Staff:** You need to be isolated for a period of at least 5-10 days.
   You may release isolation after day 5 **only if:**
   You have no symptoms, or resolving symptoms
   AND
   You have no fever for 24 hours without taking fever reducing medication
AND
You have a negative antigen test collected on or after Day 5

DO NOT ORDER A TEST THROUGH UC BERKELEY FOR THIS PURPOSE. At home antigen testing is recommended for this purpose. Anyone self-releasing before day 11 must continue to follow local public health guidelines to limit the spread of COVID including masking in ALL settings until day 11: https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx

You are required to complete the release from isolation attestation as follows:

- Go to Messages -> New Message -> Select Contact the COVID Response Team / Reporting Positive Test Results/Complete the COVID Positive Test Questionnaire -> Select "Request Release of Isolation"

If you choose not to test, or are not able to test, or the antigen test remains positive, you should complete the full 10 day isolation period and can return to school or work on day 11.

You may return to work/campus on that date as long as you meet the following criteria:

- Your symptoms are improved or gone
- You have been without fever for 24 hours.
- If your symptoms are worsening, or you develop new symptoms, please stay in isolation and contact your healthcare provider.

You should NOT complete a PCR test for COVID-19 for 90 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 the next 3 months, COVID antigen testing is recommended instead (two tests, 24 hours apart).

4. EMPLOYEES - RETURN TO WORK INSTRUCTIONS
You may not be on site for work for a period of at least 5-10 days.

If you are not able to release isolation before the 10 day period is up, you may return to work on campus on day 11 as long as you are feeling better and symptoms are resolving.

***If you need a clearance letter to show your supervisor, please request one by sending a message to the Covid Response Team via the eTang portal***
If you meet the criteria to release isolation before day 11 (see above) you may access early return to work documentation through the eTang Portal:

- Go to Messages -> New Message -> Select Contact the COVID Response Team / Reporting Positive Test Results/Complete the COVID Positive Test Questionnaire -> Select “Request Release of Isolation”
- You will receive a message in reply clearing you for onsite work.

Healthcare: Please contact the Occupational Health COVID Reporting Line for department-specific requirements. (510) 332-7192.

***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.

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 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 100°F 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.

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.