

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.

Please do not get retested at UC Berkeley. You should not do a COVID PCR test again for at least 30 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>). If you have already activated CA NOTIFY, please log in and report your positive test.

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:

Students in Campus Housing: If you live in a Campus housing (Dorms/apartments), you are required to isolate in place. 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.

All Students and Staff: Isolate for at least 5 days after start of symptoms (Day 0) or after date of first positive test (Day 0) 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, you MUST continue to 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 at Day 0.

The CDPH guidelines are available at:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx>

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 not be on site for your isolation period (defined as above).

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

Healthcare workers: Please contact Occupational Health before returning to work: (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.

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 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 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.

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.