

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 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, 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 "Report A Positive Test Results/Complete the COVID Positive Test Questionnaire"

2. CONTACT NOTIFICATION:

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 consider testing, watch for symptoms, and mask to protect others when in high risk settings (crowded indoor environments, healthcare settings, or around someone at high risk for severe disease).

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:

a. **STAY HOME** until you have not had a fever for 24 hours (without using fever reducing medication) AND other COVID-19 symptoms are mild and improving. If you do not have symptoms, please still follow instructions below to avoid exposing others.

b. **MASK** when you are indoors & around other people for 10 days* after you become sick or test positive (if no symptoms). You may remove your mask sooner than 10 days if you have two sequential negative tests at least one day apart. Day 0 is symptom onset date or positive test date.

c. **AVOID CONTACT** with people at high risk for severe COVID-19 for 10 days.* Higher-risk individuals include the elderly, those who live in care facilities, those who have immunocompromising conditions, or others with chronic illnesses.

d. **SEEK TREATMENT:** If you have symptoms, particularly if you are at higher risk for severe COVID-19. To do so, speak with a healthcare provider as soon as you test positive (students can call the advice line at 510-643-7197). You may be eligible for antiviral medicines or other treatments for COVID-19. COVID-19 antiviral medicines work best if taken as soon as possible, and within 5-7 days from when symptoms start.

*The CDPH guidelines are available at:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/COVID-19-Isolation-Guidance.aspx>

**The potential infectious period is 2 days before the date of symptoms began or the positive test date (if no symptoms) through Day 10. 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 your symptoms recur or worsen after ending isolation.

4. EMPLOYEES - RETURN TO WORK INSTRUCTIONS

Healthcare workers (UHS Tang Center, and Optometry) must not return to campus for at least 5 days, and must obtain a negative test result taken on or after day 5 in order to return to work prior to day 11 after testing positive. Contact Occupational Health (via secure message in the eTang portal, or call (510) 642-6891) for contact tracing and for return to work clarification.

All other workers 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 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.