

Covid-19 Positive Test Result Instructions (Rev: 1/13/2022)

UCSC students and employees who test positive for COVID-19 with a laboratory test or home test, and those who are close contacts to cases will follow the isolation and quarantine instructions below. These instructions are based on current (1/4/2022) [California Department of Public Health](#)'s guidelines.

Notifying campus of your results:

- If you **reside in university sponsored housing** and test positive through a campus test, home test, or outside clinic, [please complete this form](#) to notify the campus and immediately begin to follow the isolation instructions below. You will be contacted by a staff member with additional information (due to high volume you may not be contacted right away).
- If you **reside off campus**, you will not be contacted by staff and should isolate in your current location following the isolation instructions below. **Do not wait to be contacted by Campus to begin isolation.** For a three month testing exemption, see instructions below.

If you are EMPLOYED by UCSC notify Cindy Delgado of Risk Services and your supervisor immediately for next steps and available resources. Stay home and do NOT go to in-person work. Cindy Delgado email: cadelgad@ucsc.edu; phone: 831-888-7253

How to Self-Isolate:

- Stay home. Do not go to work, class, or other campus facilities.
- Monitor your [symptoms](#). If you have an [emergency warning sign](#) (including trouble breathing), **please seek medical care immediately by calling the 24 hour nurse advice line at 831-459-2591, 911, or going to your local emergency department.**
- Stay in a separate room from other household members, if possible.
- Use a separate bathroom, if possible.
- Take steps to [improve ventilation at home](#), if possible.
- Avoid contact with other members of the household and pets.
- Don't share personal household items, like cups, towels, and utensils.
- Wear a [well-fitting mask](#) when you need to be around other people.

Criteria for Ending Isolation:

If you test positive for COVID-19 (regardless of vaccination or symptom status), isolate for at least 5-10 days. To calculate your 5-10 day isolation period, day 0 is the day your positive test was taken. You can leave isolation on day 6 if:

- Symptoms are not present or are resolving **and** a diagnostic test (rapid antigen test) collected on day 5 or later tests negative.
- If unable to test or choosing not to test, and symptoms are not present or are resolving, isolation can end on day 11.

- You are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved (Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation).
- You should continue to wear a [well-fitting mask](#) around others at home and in public for a total of 10 days. Avoid people who are [immunocompromised or at high risk for severe disease](#), and nursing homes and other high-risk settings, until after at least 10 days.
- **Residential students** in campus-provided isolation housing will need to confirm their exit date with a Quarantine/Isolation Coordinator once you have met the criteria for release. Students returning to their on-campus residence must wear a well-fitting mask around others and get food to go for days 6-10.
- **Off-campus students** who have met the criteria to be released from isolation may self-clear. You do not need to send in proof of a negative test, and you do not need to wait to be contacted by Student Health for release or to return to campus.

On-Campus Students	Off-Campus Students
<p><u>Food access while isolating:</u> At the Village and other campus-provided isolation housing: food arrangements will be reviewed by your QI coordinator. At an on-campus residence: <u>Days 0-5:</u> if you have a meal plan, please use the Buddy Meal Program. <u>Days 6-10:</u> if you have a meal plan, please get food to go from the dining hall.</p> <p>For students who do not have a meal plan, please utilize a delivery service like Instacart or Safeway Delivery or ask a friend to drop them off.</p> <p>If you are unable to afford groceries for the days you are in quarantine/isolation, contact Slug Support at deanofstudents@ucsc.edu for assistance, and they will follow up with you directly.</p>	<p><u>Food access while isolating:</u> If you are able to afford groceries, utilize a delivery service like Instacart or Safeway Delivery or ask a friend to drop them off. Due to high demand Slug Support will not be taking referrals for students who can afford food at this time.</p> <p>If you are unable to afford groceries for the days you are in quarantine/isolation, contact Slug Support at deanofstudents@ucsc.edu for assistance, and they will follow up with you directly.</p>

Isolation Guidelines: Please review the current [CDC](#) guidelines for additional isolation tips.

Please notify all known close contacts. A close contact is defined as a person who was within 6 feet of you for a cumulative total of 15 minutes or more over a 24 hour period starting from 2 days before illness onset (or, if you are asymptomatic, 2 days prior to test specimen collection). **Please use the [California Department of Public Health's](#) information when informing your close contacts.**

Testing exemption: After your isolation period is over you are no longer infectious to other people, but a test before 3 months could show a false positive. Because of this we recommend you do not take a PCR test again for 3 months. However, if you develop new symptoms during this time frame you should seek medical evaluation. If you tested with a home test or outside clinic, in order to get the exemption you will need to send a secure message via Health e-Messenger stating type of test and date of positive test (Messages → New Message → COVID-19 Questions).

Contact information: For COVID information questions

- UCSC COVID-19 Call Center: 1-800-809-6097
- UCSC Student Health Center: send a secure message via Health e-Messenger: Messages→New Message→COVID-19 Questions.