COVID-19 Positive Test Result Instructions (Revised: 9/7/2022)

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 instructions below. These instructions are based on current California Department of Public Health’s Guidelines.

The instructions on this page are for students who test positive. If you are a known close contact of someone with COVID-19 but do not have symptoms, please follow the California Department of Public Health’s Guidelines and refer to Table 2.

If you share a living/sleeping space with someone with COVID-19, see the Guidelines for Close Contacts Sharing a Living Space.

Students – Notifying Campus of your Results

If you reside in university sponsored housing and test positive through a campus test, home test, or outside clinic, immediately mask and self-isolate following the instructions below. Then, please inform the Campus Isolation Team of your results by completing this form. You will be contacted by a staff member with additional information and directions about isolating in place. 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 from the California Department of Public Health. Do not wait to be contacted by Campus to begin isolation.

Employees (including Student Workers) – Notifying Campus of your Results

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

How to Self-Isolate

- Stay home. Do not go to work, class, or other campus facilities or events.
- Wear a well-fitting mask at all times when being around other people cannot be avoided. We recommend an N95 mask but other good options include double masking with a regular surgical (paper) mask, KN95, or KF95.
- Take steps to improve ventilation, in your room or home, if possible. Keep the door to your room closed at all times, with the windows open.
- If you use a shared bathroom, try and avoid using them during peak hours. Keep your mask on at all times except for when you are brushing your teeth or taking a brief shower. If possible, ALWAYS pick a stall that is closest to an open window. Sanitize your hands and wipe down any surfaces you have touched with a dry paper towel.
- Food: You should not eat meals with others especially in communal dining halls or restaurants. See “Food Access While Isolating” below.
- Don’t share personal household items, like cups, towels, and utensils.
- Avoid contact with pets.
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.

Some people with certain chronic illnesses are at a higher risk of more severe COVID-19 symptoms and there are now medications available that can help prevent serious illness. We recommend you contact your primary care provider to let them know you tested positive for COVID-19 and to see if you may be a candidate for these medications. If you need any further help with this, the Student Health Center can assist you.

Notifying your Roommates and Other Close Contacts

The campus notification system remains in operation. When students test positive using a campus testing facility, notifications will be sent to the student's instructors. However, Campus will not notify your close contacts. All students who test positive (either on campus or off) are strongly encouraged to notify all of their close contacts, including their instructors and roommates, so that they can take the appropriate actions.

- CDPH defines a close contact as: Someone sharing airspace, e.g., home, clinic waiting room, airplane etc., for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes) during an infected person's (laboratory-confirmed or a clinical diagnosis) infectious period."
- If asymptomatic, Close Contacts do not need to quarantine but need to monitor for symptoms and wear a well-fitting mask around others for a total of 10 days, especially in indoor settings and when near those at higher risk for severe COVID-19 disease, and test 3–5 days after exposure.
- Please use the California Department of Public Health's guidance when informing your close contacts.

Academic Support During Isolation

1) Contact your professors individually to share that you are in isolation and unable to attend in-person classes at this time.
2) Check each professor’s syllabus or Canvas site to see if they have provided advance instructions for students in isolation. If your professor uses Lecture Capture to post lecture recordings, take note of that.
3) If your professor has not made advance provisions for lecture makeups/recordings, ask them how they would like you to learn the material that was missed. (Professors may, in rare instances, be willing for you to join the class via Zoom if you are feeling well enough, but this is the choice of the individual instructor and is not available for all classes.)
4) If the class includes assignments that you regularly submit online and that you can complete at home, you can continue to submit them as usual. For assignments and exams that can only be completed in person, ask each professor how they would like you to make them up.
5) If your class has sections or labs, be sure to reach out to your TAs as well to ask them about makeups for missed work and attendance.
6) If your initial communication does not elicit a timely response, please reach out to your academic advisor or the department’s undergraduate advisor for additional support getting in touch with your instructor.
7) Students are not obligated to provide documentation from a medical provider or proof of a positive test.

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.

Isolation can end on Day 6–Day 10:

- If you have no fever for 24 hours without fever reducing medications and if you test negative on a rapid antigen test collected on day 5 or later, and symptoms are not present or they are greatly improved.

You must continue to wear a well-fitting mask around others at home and in public for a total of 10 days. In most cases you can return to school or work. 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.

If your test is positive on Day 5, you will need to remain in isolation until you receive a negative antigen test. You can test again on days 6–10 and if negative, (and you meet the no fever and symptoms criteria above) can exit isolation at that time.

Isolation can end on Day 11:

- If symptoms are not present or are greatly improved and you have no fever for 24 hours without fever reducing medications – you do not need to test.
- **Residential students** isolating in place in their residence halls or in on-campus apartments will need to confirm their isolation end date with an Isolation Coordinator once they have met the criteria for release.
- **Residential students choosing to find their own isolation accommodations off campus** will need to confirm their isolation end date with the Isolation Coordinator about returning to campus once you have met the criteria for release.
- **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

**Food access while isolating:**
Food arrangements will be reviewed by your Isolation Coordinator.
For all on campus students, an initial care package of non-perishable food items, rapid antigen testing kits and personal protective equipment will be available; the Isolation Coordinators will give further instructions on obtaining this kit.

**At an on-campus residence: Days 0-5:**

If you have a meal plan:

### Off-Campus Students

**Food access while isolating:**
Utilize a delivery service like Instacart or Safeway Delivery or ask a friend to drop them off.

If you are unable to afford groceries for the days you are in isolation, contact Slug Support at deanofstudents@ucsc.edu for possible assistance, and they will follow up with you directly.
After receiving the initial Care Package, the "Buddy Meal Program" should be used. To-go meals will be available for pick-up at the dining halls if no "buddy" is available.

If you must access the dining hall, wear an N95/KN95 mask. Approach the dining hall front desk staff, maintaining 6 feet social distance. Advise the Dining Staff that you are there to pick up your "To-go meal." You will need to provide your SID number to dining to receive your package.

No meal plan: please utilize a delivery service like Instacart or Safeway Delivery or ask a friend to drop food off.

Days 6-10:
Meal plan: If you had a negative antigen on day 5, on Day 6 you can access the dining hall.

No meal plan: If you had a negative antigen on day 5, on day 6, it is ok to return to your usual food plan. If you are unable to afford groceries for the days you are in isolation, contact Slug Support at deanofstudents@ucsc.edu for possible assistance, and they will follow up with you directly.

Testing Exemption

After your isolation period is over you are no longer infectious to other people, but a PCR 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 Non-urgent COVID Specific Questions