
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) CDC guidelines.

**Notifying campus of your results:** If you 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. If you reside in university sponsored housing, 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. **Do not wait to be contacted by Campus to begin isolation or quarantine.**

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.

**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:

- 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 5 additional days (day 6 through day 10) after the end of your 5-day isolation period. If you are unable to wear a mask when around others, you should continue to isolate for a full 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.
- If an individual has access to a test, the best approach is to use an antigen test towards the end of the 5-day isolation period.
- **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 to complete days 6-10 of isolation will need to mask at all times. Students with a campus dining plan will need to get food to-go.

- **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

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| At the Village and other campus-provided isolation housing: food arrangements will be reviewed by your QI coordinator. | **Off-Campus Students**
| At an on-campus residence: if you have a meal plan, please use the Buddy Meal Program. 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. | **Food access while isolating:** 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.
| If you are unable to afford groceries for the 5-10 days you are in quarantine/isolation, contact Slug Support at deanofstudents@ucsc.edu for assistance, and they will follow up with you directly. |

### Isolation Guidelines

- **Isolation Guidelines:** Please review the current [CDC](https://www.cdc.gov) guidelines.

- 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](https://www.cdph.ca.gov)'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.

- **Contact information:** To contact the Student Health Center for non-urgent COVID specific issues, please send a secure message via Health e-Messenger: Messages→New Message→COVID-19 Questions.