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 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 above and refer to Table 2.

Visiting summer only students and summer camp participants, please contact your program representatives for any COVID-19 related concerns.

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 self isolate following the instructions below. Then, please inform the Campus Quarantine/Isolation Team of your results by completing this form. You will be contacted by a staff member with additional information and directions about relocating to isolation housing. 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.

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.

Notifying all of your 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).

- If asymptomatic, Close Contacts do not need to Quarantine but need to 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.

- Please use the California Department of Public Health’s information when informing your close contacts.

How to Self-Isolate:

- Stay home. Do not go to work, class, or other campus facilities.

- Your inability to attend class in-person will be communicated to your instructor. We also encourage you to communicate directly with your instructor in order to discuss
continuation of learning, if you are able, during the time you are not able to attend class
in-person.

- 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.

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.

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:

1. Symptoms are not present or are resolving and a diagnostic test (rapid antigen test)
   collected on day 5 or later tests negative.

2. If your test is positive on day five, 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 exit isolation at
   that time OR exit on day 11 if testing positive throughout isolation.

3. If unable to test or choosing not to test, and symptoms are not present or are resolving,
   isolation can end on day 11.

4. 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).

5. You must 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.

- Residential students isolating off-campus will need to confirm their isolation end date
  with Student Health Services by sending a secure message to COVID-19 questions
  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

<table>
<thead>
<tr>
<th>Food access while isolating:</th>
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<tbody>
<tr>
<td>At the Village and other campus-provided isolation housing: food arrangements will be reviewed by your QI coordinator.</td>
</tr>
</tbody>
</table>

At an on-campus residence:

**Days 0-5:**
- **If you have a meal plan,** please use the **Buddy Meal Program.**
- **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 and have returned to your residence on day 6, you can access the dining hall.
- **No meal plan:** if you had a negative antigen on day 5 and have returned to your residence on day 6, ok to return to your usual food plan.

For students who do not have a meal plan, 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.

### Off-Campus Students

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<td>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.</td>
</tr>
</tbody>
</table>

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.

**Isolation Guidelines:** Please review the current CDPH guidelines for additional isolation tips.

**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