COVID-19 Positive Test Result Instructions <small>(Revised: 3/13/2023)</small>

UCSC 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.

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](#).

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, or other campus facilities or events.
- Wear a well-fitting mask at all times when being around other people cannot be avoided. It is recommended to wear an N95 or KN95 mask voluntarily but there also other good mask options.
- 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 to 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. 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 shared eating spaces 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 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. It is recommended that 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.

Notifying Close Contacts

The California Department of Public Health (CDPH) recommends notification of close contacts who may also benefit by taking the appropriate actions.

- Please use the California Department of Public Health's guidance when informing your close contacts and for the most recent definition of a close contact.
- 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.

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** 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 work.
- Masks may be removed sooner than day 10 if you have two sequential negative antigen tests at least one day apart. If antigen test results are positive, the person may still be infectious and should continue wearing a mask and wait at least one day before taking another test.

Isolation must continue through days 6–10:

- If fever is present, isolation should be continued until 24 hours after fever resolves.
- If symptoms, other than fever, are not improving, continue to isolate until symptoms are improving or until after Day 10.

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.

Testing Recommendations

Per the California Department of Public Health, people can continue to test positive for COVID-19 on a PCR test for up to 3 months after diagnosis and not be infectious to others once they have met the isolation clearance criteria. For this reason, it is recommended that you do not test for COVID with a PCR test for 3 months after your positive test. However, if you develop new symptoms of COVID-19 during this 3 month period, please mask, isolate, test with a rapid antigen test, and contact your healthcare provider. If negative, multiple rapid antigen tests may be necessary.