

Covid-19 Positive Test Result Instructions

(Revised 1/31/2024)

UCSC employees (faculty, staff and student 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.

Campus Notification

Employees (Including Student Workers)

- 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, and
 - Michelle Söhnlein email: Msohnlei@ucsc.edu; Phone: 831-459-2850
- Stay home and do **NOT** go to in-person work.

Students (Not employees)

Please click on the following link for COVID-19 information:

- https://healthcenter.ucsc.edu/services/covid-19/images-pdfs/covid_positive_directions_students.pdf
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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. The CDPH recommends an N95, KN95 or KF94 mask. If a respirator is not available, a surgical mask may be used.
- Employees living in University housing who test positive for COVID-19 will need to isolate themselves in their place of residence. Except in rare situations, roommates will not be moved. If you share a living/sleeping space with someone with COVID-19, see the [Guidelines for Close Contacts Sharing a Living Space](#). These guidelines contain useful information for you and your roommates, during your time of isolation.
- 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. 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.
- 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, going to your [local emergency department](#), or –for student employees—calling the 24-hour nurse advise line at 831-459-2591**

Notifying Your Roommates & Other Close Contacts

Close Contact:

"Close Contact" means the following:

1. In indoor spaces of 400,000 or fewer cubic feet per floor (such as homes, clinic waiting rooms, airplanes, etc.), close contact is defined as sharing the same indoor airspace 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 a confirmed case's infectious period.
2. In large indoor spaces greater than 400,000 cubic feet per floor (such as open-floor-plan offices, warehouses, large retail stores, manufacturing, or food processing facilities), close contact is defined as being within 6 feet of the infected person for a cumulative total of 15 minutes or more over a 24-hour period during the confirmed case's infectious period.

Spaces that are separated by floor-to-ceiling walls (e.g., offices, suites, rooms, waiting areas, bathrooms, or break or eating areas that are separated by floor-to-ceiling walls) must be considered distinct indoor airspaces.

- Please use the [California Department of Public Health's](#) guidance when informing your close contacts.
- If asymptomatic, Close Contacts do not need to quarantine but need to monitor for symptoms and wear a well-fitted 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. [Recommendation for close contacts of cases](#).

Criteria for Ending Isolation

- **Stay home if you have COVID-19 symptoms**, until you have not had a fever for 24 hours without using fever reducing medication AND other COVID-19 symptoms are mild and improving.
 - **If you do not have symptoms, you should follow the recommendations below to reduce exposure to others.**
- **Mask** when you are around other people indoors for the 10 days after you become sick or test positive (if no symptoms). You may remove your mask sooner than 10 days if you have two sequential negative tests at least one day apart.

- **Avoid contact with people at higher risk for severe COVID-19 for 10 days***. Higher risk individuals include the elderly, those who live in congregate care facilities, those who have immunocompromising conditions, and that put them at higher risk for serious illness.
- **Seek treatment.** If you have symptoms, particularly if you are at higher risk for severe COVID-19, speak with a healthcare provider as soon you test positive. You may be eligible for antiviral medicines, or other treatments for COVID-19. COVID-19 antiviral medicines work best if taken as soon as possible, and within 5-7 days from when symptoms start. If you need any further help with this, the Student Health Center can assist you.

*Per the CDPH the potential infectious period is 1 day before the date of symptoms began or the positive test date (if no symptoms) through Day 10. (Day 0 is the symptom onset date or positive test date). Per Cal/OSHA, the infectious period for the purpose of cases is:

- For COVID-19 cases with symptoms, it is a minimum of 24 hours from the day of symptom onset.
 - May return to work if 24 hours have passed with no fever, without the use of fever reducing medication AND
 - Their symptoms are mild and improving.
- For COVID-19 with no symptoms, there is no infectious period for the purpose of isolation or exclusion. If symptoms develop, the criteria above will apply.