

Residential Student Isolation in Place Protocols

What to do if you test positive for COVID-19

1. Report your positive test [here](#) and someone from Health Services will be in contact with you regarding next steps.
2. If you are symptomatic, you are required to isolate for a minimum of 24 hours after symptom onset. You may leave isolation once your symptoms are mild and improving AND you have not had a fever in the prior 24 hours without the use of fever-reducing medications.
3. If you do NOT have any symptoms, you do NOT need to isolate unless you develop symptoms.
4. Regardless of whether you have symptoms or not, you are required to wear a mask for 10 days. You should wear a mask starting when your symptoms began (Day 0) or the day of your positive test (Day 0 if asymptomatic) through Day 10, even if you leave isolation sooner.
5. Students who have severe symptoms (shortness of breath, chest pain, fainting, or fever lasting more than 3 days) should seek clinical care immediately; for milder symptoms, please stay home and rest. Health Services is available for visits or questions; call 805-493-3225 to make an appointment or speak with the staff. You may also request a free virtual appointment with a medical provider using the TimelyCare App.

What to do when you return to your room with the door closed as much as possible, hosting no

others than those assigned to your room, during this time.

Per California Department of Public Health Guidelines:

You may end isolation IF:

- o Your symptoms are mild and getting better; AND
- o You have not had a fever for 24 hours without taking medicine that lowers fevers.

You must wear a mask for 10 days. You should wear the mask starting when your symptoms began (Day 0) or the day you took your positive test (Day 0 if you never had any symptoms) through Day 10, even if you leave isolation sooner. Your mask should be on at all times in your room, unless you do not have any roommates. This includes during sleep. An N95 mask is preferred; other good options include a KN95 or double-masking with regular surgical masks. See: [How to use a N95 Mask](#).

You are strongly encouraged to share the news with your roommates and

Enter any campus building (excluding your residence hall or University Health Services, for timely/essential care).

Be with others in groups.

Attend group events like community service, outdoor concerts, sporting events and other gatherings that bring people together.

Utilize any common areas in your residential building; including, but not limited to, lounges or kitchens.

Utilize the Forest Fitness Center or other athletic facilities.

Enter Ullman Dining, Ullman To Go, Starbucks or The Habit.

If you are found doing any of the above during your isolation period, this may constitute a violation of the Student Handbook.

How long to isolate and when you can officially end isolation

In line with