

COVID-19 Positive Test Result Instructions

(Revised: 2/1/24)

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 instructions below. These instructions are based on current [California Department of Public Health's](#) Guidelines.

[How to Self-Isolate](#)

[Notifying Your Roommates & Close Contacts](#)

[Academic Support During Isolation](#)

[Criteria for Ending Isolation](#)

Campus Notification

Students

- It is not necessary to notify campus of your positive test results.
- If you reside in university sponsored housing and test positive through a rapid antigen or PCR test, immediately mask and self-isolate following the instructions below.
- If you reside off campus you should isolate in your current location following the isolation instructions from the [California Department of Public Health](#).

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; Office: 831-459-1787 Mobile: 831-888-7253
- Stay home and do NOT go to in-person work.

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. We recommend an N95 mask but other good options include double masking with a regular surgical (paper) mask, KN95, or KF95.
- Students living in university housing who test positive for COVID-19 will need to isolate themselves in their place of residence. 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. 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, the 24-hour nurse advice line at 831-459-2591, or going to your [local emergency department](#).**

Notifying Your Roommates and Other Close Contacts

The campus will not notify your close contacts. All students who test positive (either on campus or off) are strongly encouraged to notify all of their close contacts, including their instructors and [roommates](#), so that they can take the appropriate actions.

- 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-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. [Recommendation for close contacts of cases.](#)

Academic Support During Isolation

- 1) Contact your professors individually to share that you are in isolation and unable to attend in-person classes at this time.
- 2) Check each professor’s syllabus or Canvas site to see if they have provided advance instructions for students in isolation. If your professor uses Lecture Capture to post lecture recordings, take note of that.
- 3) If your professor has not made advance provisions for lecture makeups/recordings, ask them how they would like you to learn the material that was missed. (Professors may, in rare instances, be willing for you to join the class via Zoom if you are feeling well enough, but this is the choice of the individual instructor and is not available for all classes.)
- 4) If the class includes assignments that you regularly submit online and that you can complete at home, you can continue to submit them as usual. For assignments and exams that can only be completed in person, ask each professor how they would like you to make them up.
- 5) If your class has sections or labs, be sure to reach out to your TAs as well to ask them about makeups for missed work and attendance.
- 6) If your initial communication does not elicit a timely response, please reach out to your academic advisor or the department’s undergraduate advisor for additional support getting in touch with your instructor.
- 7) Students are not obligated to provide documentation from a medical provider or proof of a positive test.

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 as 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.

On-Campus Students	Off-Campus Students
<p><u>Food access while isolating at an on-campus residence:</u> <u>If you have a meal plan:</u> The Buddy Meal Program should be used. To-go meals will be available for pick-up at the dining halls if no "buddy" is available.</p> <p>If you must access the dining hall, wear an N95/KN95 mask. Approach the dining hall front desk staff, maintaining 6 feet social distance. Advise the Dining Staff that you are there to pick up your To-go meal. You will need to provide your SID number to dining to receive your package.</p> <p>-</p> <p>If you meet criteria to exit from isolation you can access the dining hall. Because you must still wear a mask when around others through Day 10, ask for a to-go meal.</p> <p><u>No meal plan:</u> Please utilize a delivery service like Instacart or Safeway Delivery or ask a friend to drop food off.</p> <p>-</p> <p>If you meet criteria to exit from isolation it is ok to return to your usual food plan, but you must still wear a mask around others through Day 10. If you are unable to afford groceries for the days you are in isolation, contact Slug Support at deanofstudents@ucsc.edu for possible assistance, and they will follow up with you directly.</p>	<p><u>Food access while isolating:</u> Utilize a delivery service like Instacart or Safeway Delivery or ask a friend to drop them off.</p> <p>If you are unable to afford groceries for the days you are in isolation, contact Slug Support at deanofstudents@ucsc.edu for possible assistance, and they will follow up with you directly.</p>

Contact Information for Non-urgent COVID Specific Questions: Call the 24-hour nurse advice line at 831-459-2591