

COVID-19 Positive Test Result Instructions (Revised: 6/16/2023)

UCM students 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](#).

Notifying Campus of your Results

Students

- **If you reside in university sponsored housing** and test positive through a campus test, home test, or outside clinic, 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](#).
- Please complete the [COVID-19 Positive Form](#).

How to Self-Isolate

- Stay home or in your dorm except to get medical care. 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.
- Clean or disinfect "high-touch" surfaces routinely (at least once daily)
- 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.
- [Meals during isolation](#)
- Don't share personal household items, like cups, towels, and utensils.
- Avoid contact with pets.

Monitor your symptoms. If you have an emergency warning symptom (including trouble breathing or chest pain), please seek medical care immediately by calling 911 or going to the nearest emergency department. For non emergent symptoms call the Student Health Center at (209) 228-2273 during business hours M-F 8am to 4:30pm. If you need assistance after hours call the after hours nurse advice line at (209) 228-2273. 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 or SHS to let them know you tested positive for COVID-19 and 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.

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 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.

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) 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.)
- 3) 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.
- 4) 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.
- 5) Students are not obligated to provide documentation from a medical provider or proof of a positive test.

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 school or 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, we recommend 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.

Contact Information for **Non-urgent** COVID Specific Questions

Contact the UCM Student Health Center (209) 228-2273

OR

Send message via Student Health Portal

Log in → Messages → New Message → I want to send a message to the nurse.