UCR COVID19 Procedures to follow as of 01/23/2024 for Positive cases.

Having informed the campus about your positive COVID-19 test result, it is imperative that you read and follow the important information and resources below.

If you have tested positive for COVID-19 and are experiencing symptoms, please follow these guidelines:

1. Notify Relevant Parties:
   - If you are a student, inform your instructors.
   - If you are an employee, notify your supervisor and HR partners.

2. Isolation:
   - Isolate yourself until you have been fever-free for at least 24 hours without the use of fever-reducing medication, and your other symptoms have improved.

3. Mask Usage:
   - Wear a well-fitted mask indoors for a period of 10 days starting from the onset of symptoms or the date of your first positive test.

4. Mask Removal Criteria:
   - After ending isolation, you may remove your mask earlier than Day 10 if you have two sequential negative tests that are at least one day apart.
   - If you do not meet this criterion, it is advisable to continue wearing a mask until the tenth day. This applies to indoor environments.
   - Please note that UCR does not authorize the premature termination of isolation or reentry onto campus premises.

5. Testing Before Ending Isolation:
   - We recommend testing negative for COVID-19 before ending your isolation.
   - Avoid contact with individuals at higher risk of severe COVID-19 for 10 days.

6. Seek Treatment:
   - If you continue to have symptoms or feel unwell, consult with a healthcare provider as soon as you test positive or if symptoms develop.
   - You may be eligible for antiviral medicines or other treatments for COVID-19, which work best if taken within 5-7 days from the onset of symptoms.

7. Contact Information:
   - Students can call Student Health Services at 951-827-3031.
   - Faculty and staff should contact their healthcare provider.
   - If you are unable to contact a healthcare provider, you can call 1-833-422-4255 for assistance, or explore treatment options to find one.
If you have tested positive for COVID-19 but do not have any symptoms:

1. **No Self-Quarantine Required:**
   - There is no need for self-quarantine.

2. **Mask Usage:**
   - Wear a well-fitted, high-quality mask consistently when around others in all settings for 10 days after your initial positive test.
   - Keep in mind that even individuals without symptoms can transmit the virus for up to 10 days.

3. **Seek Treatment If Symptoms Develop:**
   - If symptoms develop, contact your healthcare provider for testing for other respiratory pathogens.
   - Especially if you are at high risk for severe illness, consult a healthcare provider as soon as you test positive or if symptoms develop.
   - Antiviral medicines are most effective if taken as soon as possible, ideally within 5-7 days from the onset of symptoms.

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   - Faculty and staff should contact their healthcare provider.
   - If you are unable to contact a healthcare provider, you can call 1-833-422-4255 for assistance or explore treatment options.

**Notification of Close Contacts:**
- If you are infected, promptly inform your close contacts and encourage them to get tested between 3 to 5 days after potential exposure.
- Employees on campus must complete a COVID Screening Survey. in case of exposure, and students can use the Student Link: Patient portal to notify relevant individuals for testing.

**Persons in healthcare settings should follow recommendations and requirements as listed below.**

For clinical areas