

**Environmental Health and Safety**

295 Linden St  
Riverside, CA 92507  
Phone 951-827-5170  
Fax 951-827-5122

## **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.

The University of California, Riverside (UCR) is following the latest guidelines issued by the California department of Public Health (CDPH), effective January 9, 2024. It is important to note that these updates may affect your current isolation requirements, CDPH recommendations have moved away from five days of isolation and instead focus on the improvement of individuals' clinical symptoms to determine when to end isolation.

### **If you have tested positive for COVID-19 and have 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 [COVID-19 symptoms](#) are mild and 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. This is now determined by the improvement of individuals' symptoms, rather than a set number of days, following recent updates from the CDPH. Please refer to point #6 for clarification, as there are various respiratory pathogens akin to COVID-19.
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.
- As advisable by CDPH: Call 1-833-422-4255 if you are unable to contact a healthcare provider, or use the [treatment options](#) to find one.

**If you have tested positive for COVID-19 but have no symptoms:****1. No Self-Isolation Required:**

- There is no need for self-isolation or remain at home.

**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.

**4. Contact Information:**

- Students can call Student Health Services at 951-827-3031.
- Faculty and staff should contact their healthcare provider.
- As advisable by CDPH: Call 1-833-422-4255 if you are unable to contact a healthcare provider, or use the [treatment options](#) to find one.

**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](#)