

## Quick Guide to Daily Wellness Survey Notifications

Updated Sept. 24, 2021

### Positive Test Results

**Notification: Advised to Stay Home**

- **Vaccination Status:**  
Fully Vaccinated & Not Fully Vaccinated
- **Isolation Period:**  
Minimum Isolation period is 10 days
- **Return to Learn/Work:**  
Required to provide a return to work note from their health care provider.
- **Early Return:**  
Early return is not permitted. Individuals who test positive are required to isolate for the full ten (10) days. Per CDPH, RivCoDPH, and Cal/OSHA ETS, even if a health care provider provides a return to work note. Diagnosis is not required on the return to work note.

### Symptomatic

**Notification: Advised to Stay Home**

- **Vaccination Status:**  
Fully Vaccinated & Not Fully Vaccinated
- **Isolation Period:**  
Minimum isolation period is 10 days
- **Return to Learn/Work:**  
At least 24 hours have passed since a fever of 100.4 or higher has resolved without the use of fever-reducing medications, symptoms have \*improved, and at least 10 days have passed since symptoms first appeared.
- **Early Return:**  
Early return is permitted provided a health care provider provides a return to work note. *Note: Diagnosis is not required on the return to work note.*

### Exposure

**Notification: Cleared to work/learn**

- **Vaccination Status:**  
Fully Vaccinated
- **Quarantine Period:** Not required, permitted the individual remains asymptomatic.
- **Testing:** PCR test required on day 5 or later after last date of exposure

**Notification: Advised to Stay Home**

- **Vaccination Status:**  
Not Fully Vaccinated
- **Quarantine Period:**  
Minimum quarantine period is 7 days, following the last known exposure, with a PCR test on day 5 or later or 10 days without a negative PCR test.
- **Testing:** PCR test required on day 5 or later after last date of exposure
- **Return to Learn/Work:**  
May return after quarantine has ended, provided the individual remained asymptomatic and received a negative PCR test.
- **Early Return:**  
Early return is not permitted.

### Travel

**Notification: Cleared to work/learn**

- **Vaccination Status:**  
Fully Vaccinated
- **Quarantine Period:** Not required, permitted the individual remains asymptomatic.
- **Testing:** PCR test required on day 5 or later after last date of exposure

**Notification: Advised to Stay Home**

- **Vaccination Status:**  
Not Fully Vaccinated
- **Quarantine Period:**  
Minimum quarantine period is 7 days from last date traveled with a negative PCR test result OR 10 days without a negative PCR test.
- **Testing:** PCR Test required on day 5 or later after last date of travel
- **Return to Learn/Work:**  
May return after quarantine has ended, provided the individual remained asymptomatic and received a negative PCR Test
- **Early Return:**  
Early return is not permitted.

### ***What is the difference between isolation and quarantine?***

***Isolation:*** Separates those infected with a contagious disease (e.g. COVID-19, influenza, RSV, etc.) from people who are not infected. Per the Riverside County Department of Public Health, individuals who are symptomatic, even one symptom that is outside their baseline, should be isolated in a separate room (alone).

***Quarantine:*** Restricts the movements of persons who were exposed to a contagious disease in case they become infected. Per the Riverside County Department of Public Health, individuals may quarantine in their residence. (If on campus, these individuals do not need to be moved to an isolation space).

**Questions?** Contact the [COVID-19 Management Resource Center](#)