

COVID-19 Isolation and Quarantine Requirements

(Updated July 13, 2023)



Everyone regardless of vaccination status, previous infection, or lack of symptoms	
<p>Do you have COVID-19 symptoms?</p>	<p>Consult with your healthcare provider to determine need for a COVID-19 test. Students should contact Student Health Center (209.946.2315 Option 1) to schedule a test.</p> <p>If no test is recommended or the test is negative, you may return to campus on the advice of your health care provider or Student Health Services.</p>
<p>Do you have a COVID-19 positive test result?</p>	<p>Report your positive test through the Pacific COVID-19 reporting form (LINK). Further instructions will be sent to you through email. Any questions should be directed to Human Resources (employees) or Student Health Center (students; 209.946.2315) .</p> <p>Isolate until:</p> <ul style="list-style-type: none"> ✓ 5 full days have passed since symptom(s) started or positive test and ✓ Symptoms have resolved (including no fever for at least 24 hours without fever-reducing medication) (Students must be cleared back by Student Health Services) ✓ Wear a well-fitting mask when around others through Day 10. <p>OR if symptoms persist longer than 5 days</p> <ul style="list-style-type: none"> ✓ 10 full days have passed since symptom(s) started, and ✓ No fever¹ or symptoms for 24 hours (without fever-reducing medication)
<p>Close Contact² Exposure without Symptoms</p>	<p>No quarantine required if there are no symptoms. Test within 3-5 days after exposure. Wear a mask around others. If symptoms develop, test and stay home. If a test result is positive, follow isolation recommendations.</p>
<p>Close Contact + New COVID-19 Symptom(s)</p>	<p>Consult with your healthcare provider to determine need for a COVID-19 test. Students should contact Student Health Center (209.946.2315 Option 1).</p> <p>If you test positive, you must report this through Pacific’s COVID-19 reporting form (LINK). Further instructions will be sent to you through email. Any questions should be directed to Human Resources (employees) or Student Health Center (students; 209.946.2315).</p> <p>Immediately and isolate until all of the following are true:</p> <ul style="list-style-type: none"> ✓ 5 days have passed since symptom(s) started or positive test and ✓ Symptoms have resolved (including no fever for at least 24 hours (without fever-reducing medication) and ✓ Wear a well-fitting mask when around others through Day 10 (including during exercise) <p>OR</p> <ul style="list-style-type: none"> ✓ 10 days have passed since symptom(s) started, and <ul style="list-style-type: none"> ✓ No fever³ or symptoms for 24 hours (without fever-reducing medication)

¹ “Fever” is defined as a temperature of 100.4 degrees Fahrenheit or higher.

² “Close contact” is defined as being within 6 feet of someone with the virus for a *cumulative total* of 15 minutes (or more) over a 24-hour period.

³ “Fever” is defined as a temperature of 100.4 degrees Fahrenheit or higher.

How Isolation Time is Calculated:

Positive test or symptoms	Isolate	Day 6 Continue Isolation or Return Criteria Below
First day of symptoms or positive test is day 0 	Isolate for 5 days 	May return if improved symptoms, and no fever for 24 hours)—return to campus and wear a mask through day 10. (ALL STUDENTS MUST BE CLEARED BY STUDENT HEALTH SERVICES) <hr/> Positive test, continued symptoms, or fever —Remain on isolation through day 10. You may return before day 10 (wearing a mask) if tests any time after day 5 are negative.

More information is available at <https://sf.gov/youve-had-close-contact-or-positive-test>