# COVID-19 Isolation and Quarantine Requirements
(Updated July 13, 2023)

<table>
<thead>
<tr>
<th>Do you have COVID-19 symptoms?</th>
<th>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. 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.</th>
</tr>
</thead>
</table>
| Do you have a COVID-19 positive test result? | 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). Isolate until:  
  ✓ 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. **OR if symptoms persist longer than 5 days**  
  ✓ 10 full days have passed since symptom(s) started, and  
  ✓ No fever$^1$ or symptoms for 24 hours (without fever-reducing medication) |
| Close Contact$^2$ Exposure without Symptoms | 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. |
| Close Contact + New COVID-19 Symptom(s) | Consult with your healthcare provider to determine need for a COVID-19 test. Students should contact Student Health Center (209.946.2315 Option 1). 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). Immediately and isolate until all of the following are true:  
  ✓ 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)  
  **OR**  
  ✓ 10 days have passed since symptom(s) started, and  
  ✓ No fever$^1$ or symptoms for 24 hours (without fever-reducing medication) |

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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:

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

More information is available at [https://sf.gov/youve-had-close-contact-or-positive-test](https://sf.gov/youve-had-close-contact-or-positive-test)