

COVID-19 Isolation and Quarantine Requirements

(Updated February 5, 2024)

Everyone regardless of vaccination status, previous infection, or lack of symptoms	
<p>Do you have COVID-19 <u>symptoms</u>?</p>	<p>Consult with your healthcare provider to determine the need for a COVID-19 test. Students should contact the 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). If you are Staff or Faculty, you will receive instructions from Human Resources</p> <p>ALL STUDENTS ENROLLED IN one of the Health Science Programs or Dugoni Dentistry you must ISOLATE:</p> <ul style="list-style-type: none"> ✓ 5 full days have passed since symptom(s) started ✓ Symptoms have resolved (including no fever¹ for at least 24 hours without fever-reducing medication) (Students must be cleared back by Student Health Services). The earliest clearance is Day 6 ✓ Wear a well-fitting mask when around others through Day 10 <p>ALL STUDENTS NOT ENROLLED IN ONE OF THE Health Science Program or Dugoni Dentistry, see below:</p> <p>If you have a fever and/or feel sick:</p> <ul style="list-style-type: none"> ✓ Stay home until you have not had a fever for 24 hours without using fever-reducing medications (ex. Tylenol, Ibuprofen, Thera Flu, Day Quil, etc.) <p>If you do not have a fever and are only experiencing MILD or no symptoms:</p> <ul style="list-style-type: none"> ✓ Mask when you are around other people indoors for 10 days after you become sick or test positive ✓ You still must contact Student Health Services for Instructions <p>Any questions should be directed to Human Resources (employees) or Student Health Center (students; 209.946.2315).</p>
<p>Close Contact² Exposure without Symptoms</p>	<p>No quarantine is 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 the isolation recommendations above.</p>

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