# COVID-19 Isolation and Quarantine Requirements
(Updated August 17, 2022)

| | Everyone regardless of vaccination status, previous infection, or lack of symptoms |
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| **Do you have COVID-19 symptoms?** | **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. <br><br> 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**. |
| **Do you have a COVID-19 positive test result?** | Report your positive test through the **Pacific COVID-19 reporting form**. **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). <br> **Isolate** until: <br> ✓ 5 full days have passed since symptom(s) started or positive test and <br> ✓ Symptoms have resolved (including no fever for at least 24 hours without fever-reducing medication) and <br> ✓ Negative COVID-19 test on Day 5 and <br> ✓ Wear a well-fitting mask when around others through Day 10. <br> ***OR if symptoms persist longer than 5 days*** <br> ✓ 10 full days have passed since symptom(s) started, and <br> ✓ 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. <br> **Test** within 3-5 days after exposure. <br> **Wear a mask** around others. <br> 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). <br><br> If you **test positive**, you must report this through Pacific's COVID-19 reporting form. 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). <br><br> Immediately and isolate until all of the following are true: <br> ✓ 5 days have passed since symptom(s) started or positive test and <br> ✓ Symptoms have resolved (including no fever for at least 24 hours (without fever-reducing medication) and <br> ✓ Negative COVID-19 test on Day 5 or later and <br> ✓ Wear a well-fitting mask when around others through Day 10 (including during exercise) <br> ***OR*** <br> ✓ 10 days have passed since symptom(s) started, and <br> ✓ No fever[3] 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:**

| Positive test or symptoms | Isolate | Test | Continue isolation or return |
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| First day of symptoms or positive test is **day 0** | Isolate for 5 days | Day 6-test for COVID-19. | **Negative test** (and improved symptoms, and no fever for 24 hours)—return to campus and wear a mask through day 10. |
|  |  |  | **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