

# UC SANTA BARBARA

Dear UCSB Student,

We are writing to you today to be sure you have information to support your time in quarantine/isolation (Q/I) while staying in your personal residence.

First, we hope you are feeling safe and well. Your health and well-being, as well as that of your roommates and fellow Isla Vista residents, are the highest priority for our office. There are many people and services available to help you take care of yourself and stay on track as you complete your Q/I time.

While you are in Q/I, your focus should be on your health and that of the community. [Student Health](#) is your first point of contact for health questions and concerns, as well as filling out the Daily Symptom Survey which Student Health sends to you directly. Please don't forget to go into your Student Health portal to complete your daily symptom survey. If you are scheduled to receive a survey please answer the survey as soon as possible to avoid being marked delinquent. If you have symptoms seek medical attention and avoid contact with family and friends. Additionally, you may or may not be feeling "sick" but it is important to follow the Q/I guidelines you have been informed of. We have included information on these guidelines in the attached document.

In addition to your health, you have many other aspects to your life that have been affected by the need to quarantine or isolate. Academics, finances, food, and social connections are just some of the things that are impacted and it's important to reach out with any questions, concerns, or needs that you may have in order to keep your non-COVID-19 needs addressed.

Here are several links to important services available to you:

- [College of Letters and Science Undergraduate Advising Office](#)
- [College of Engineering](#) (academic advising, academic support, etc.)
- [College of Creative Studies](#) (academic advising)
- [Graduate Division Academic Counseling](#)
- [Counseling and Psychological Services \(CAPS\)](#)
- [Financial Aid](#)
- [Basic Needs Resources](#) (including information on food resources and a live chat feature)
- Events, exercise classes, etc. to participate in via Zoom listed on [Shoreline](#)

There may be times while you are in Q/I that you have a non-medical question but don't know who to ask. In these cases, you may email [DeanOfStudentsQuestions@sa.ucsb.edu](mailto:DeanOfStudentsQuestions@sa.ucsb.edu) to connect with a person who can help you find information and answers.

We know this is a challenging time and we are grateful for your commitment to yourself and your community. You are not alone as you navigate this new situation. Please don't hesitate to reach out.

Take care,

UCSB Dean of Students Office

[DeanOfStudentsQuestions@sa.ucsb.edu](mailto:DeanOfStudentsQuestions@sa.ucsb.edu)