

Your Guide to Quarantine and Isolation

Quick Definitions and Actions:

Isolation:

- You have received a positive COVID-19 test result and must take action to prevent passing the virus to healthy individuals.
- You must recover separately from anyone who does not have a positive COVID-19 test result.
- *Note: You may not have symptoms, but have a positive test result.*

Quarantine:

- You have been exposed to someone who has had a positive COVID-19 test result.
- You may not share a bedroom or bathroom with any other person (including others in quarantine or isolation) until you have quarantined for 14 days and received a negative COVID-19 test result.

Who is required to isolate/quarantine?

UCSB COVID Response or your medical professional will medically determine who needs to quarantine/isolate and will inform you via a phone call.

You may be asked to quarantine/isolate if you:

- are experiencing COVID-19 symptoms such as fever or chills, cough, shortness of breath, new loss of taste or smell, fatigue, headache, muscle and body aches (for a comprehensive list visit [cdc.gov](https://www.cdc.gov))
- have been exposed to someone with COVID-19, or
- you have a positive COVID-19 test result.

Next Steps

Quarantine and isolation housing units can be provided by the University for those who determine it is the best option. Your Student Health medical provider will advise you on your best housing option and, if appropriate, you will be connected to on-campus and relocation processes which will be managed by a COVID-19 Coordinator.

If it is determined that you can safely quarantine or isolate in your personal residence, there are several items you must be aware of. These items and resources are listed below.

Daily Symptom Tracker through UCSB Student Health COVID Response

You must complete the daily symptom tracker that your UCSB COVID Response medical provider informs you about. This will allow your COVID-19-related health and quarantine/isolation processes to be overseen and adapted as needed.

How long will my isolation period last?

Your Student Health medical provider will give you the exact date your quarantine or isolation period begins and ends. There are factors that might affect your end date, however. Here are the general guidelines:

- The quarantine period for students who have not received a positive COVID-19 test result lasts 14 days. Students in quarantine must not share a bathroom or bedroom with others. All members of a household must keep at least 6 feet apart from everyone else in the household and wear a face covering whenever outside their own room. Use of the kitchen should be scheduled, and should be disinfected after the quarantined individual has been present.
- **If at any point during the 14 day quarantine period an additional housemate tests positive, they enter a period of “isolation” and the entire household’s quarantine cycle restarts.**
- *Important Note: All periods of time described may be affected by wait times for test results which can vary based on facility and testing capacity. If you have questions about wait times, you can contact UCSB COVID Response (see contact information below).

Information to make note of:

When was my test sample taken? _____

Was it positive or negative? _____

What, if any, symptoms do I have? _____

I have been directed by Student Health Services to isolate or quarantine:

Start Date: _____

Estimated End Date: _____

A True End Date occurs when the following criteria are met and certified by a

Student Health Services medical team member:

- A minimum of 10 days since symptoms began
- 24 hours minimum without a fever
- Improvement of symptoms

Household Action Planning

Each household should discuss how to arrange and prepare the house/apartment for if a member must quarantine or isolate. Below are things to be aware of to help prepare now so you can be ready, if needed.

Items to have/Measures to take:

- Masks (each household member should have one, but more is better so they can be alternated between washings)
- Gloves (latex or alternative)
- Thermometer
- Hand Soap, sanitizers
- EPA approved household cleaners
- Sanitizing wipes
- Disinfectants
- Bleaches, etc.
- Disposable Utensils, Plates and Bowls (Optional)
- Create a "Mess Kit" for each member of your household
 - Set aside a set of dishes that can be used by person(s) in isolation
 - Wash dishes separately from general dish load
- Clean clothes for a minimum of 10 days in case you need to move to a quarantine/isolation unit.
- Laundry and trash bags
- Water and other fluids for hydration including those containing electrolytes
- Food: Canned goods and a can opener: soups, vegetables; Dry foods: Oats, rice, pasta
- Container or bag for Toiletries (if sharing bathroom)
- Toiletries
- Menstrual products
- Shampoo, bodywash

Caring for an isolated roommate who is infected

Please Note

- Your roommate may be a close friend or someone who you do not yet know well or socialize with. Even if your roommate is a close friend, your personal needs and situation may leave you feeling like you are not able to provide care for the infected person in your house. This is OKAY! It is not your responsibility to care for another person who has become ill or infected.
- If two or more people in a household test positive for COVID-19, they can share a bedroom and bathroom as long as it is separate from all household members who did not test positive.

If you have decided to help care for a housemate, please make plans for the following:

- Avoid close contact
- Wear gloves
- Wash dishes in hot water or put in dishwasher
- After wash, remove and dispose of gloves, wash hands thoroughly (20 seconds) with soap and water
- Bring food to their bedroom door wearing a face covering and remain 6 feet away from the infected individual
- If you have unavoidable close contact, wash hands thoroughly with soap and water

Laundry

- Use the warmest water setting (CDC recommended)
- Wear disposable gloves when handling laundry of the infected person
- DO NOT SHAKE OUT CLOTHES
- Soiled clothes should be placed in a hamper, trash bag or directly into the washer
- Hamper remains in infected person's isolation room
- Remove gloves and wash hands thoroughly after handling clothes or fabric items of infected person

Bathroom

- If more than one bathroom is available, designate one that is only for use by the quarantined/isolated individual.

- If only one bathroom is available in the residence, Essential Measures to take:
 - Increase ventilation in bathroom by keeping window open AND/OR using the exhaust fan
 - Infected person should disinfect the area after each use which includes but is not limited to:
 - Doorknobs, faucet handles, toilet, countertops, light switches and all other surfaces touched
 - Wash hands with soap after use of bathroom for 20 seconds minimum

- Non-infected household members must take precautions as well:
 - Leave time after the infected person leaves the bathroom before entering. Infectious droplets can remain in the air from anywhere between 30 minutes to a few hours.
 - Wear a face covering if not entering to shower or avoid touching face and wash hands thoroughly after use
 - Remove all toiletries from the bathroom and bring them in a container or bag into the bathroom when in use and store in their bedroom.

Kitchen & Basic Needs

Preparing meals: A face covering should always be worn by the infected individual, meals should be eaten in the designated bedroom. Roommates should be outside the kitchen when the quarantined/isolated person is present.

Make Note:

Times when quarantined/isolated person(s) will be in kitchen:

Breakfast: _____

Lunch: _____

Dinner: _____

Other: _____

Groceries

Resources for grocery delivery:

- UCSB Basic Needs can help you evaluate your options: www.food.ucsb.edu

- Instacart: www.instacart.com *Instacart is a private company not affiliated with UCSB, we reference it as a resource. It is free to sign up but there are charges for delivery in addition to the cost of groceries.

Resources for Wellbeing

- UCSB COVID-19 Call Center
 - Phone: (805) 893-3113
 - Email: ucsb-covid19@ucsb.edu
 - For questions related to:
 - During business hours, if you are not feeling well and need to speak with a medical professional, go to <https://studenthealth.sa.ucsb.edu/> and join a line.
 - Medical needs, COVID-19 testing, quarantine/isolation housing, references to campus
 - COVID-19 investigators for positive results, and any other COVID-19 related questions
- Wellbeing.ucsb.edu
 - Information about services including: CAPS, SHS social workers, Basic Needs, Health & Wellness, Recreation, and more
- Shoreline.ucsb.edu
 - Campus activities, clubs, Health & Wellness and Recreation events and other ways to connect remotely
- UCSB Counseling and Psychological Services
 - Phone: 805-893-4411
 - Website: caps.sa.ucsb.edu
 - Receive consultation with their *Let's Talk* service, sign up for an intake appointment through their request form, or check out their mental health peer program along with other additional services provided at CAPS
- Face Covering Locations
 - Isla Vista Food Co-op
 - Nightly 5-7pm
 - Starbucks, Isla Vista | during hours of operation
 - Graduate Student Housing

- Details in Grad Student housing weekly newsletter
- Basic Needs Advocate Center
 - UCEN, next to Jamba Juice during hours of operation

Communicating with Faculty and Supervisors

It can be challenging to know how to address your medical needs with faculty or supervisors. Below are possible email models you can use to communicate your needs.

Subject: Positive COVID Test Isolating

Hello Professor _____ ,

(symptoms)

I am emailing you because I have tested positive for COVID-19. I am currently experiencing symptoms related to COVID-19 and will be in isolation for a minimum of 10 days. If my symptoms progress this period may increase upwards to 14 days. I will continue to monitor myself for symptoms but wanted to reach out to let you know of my situation. Please let me know if there are any accommodations that I may have during this period, or how I may proceed with coursework.

(No symptoms)

I am emailing you because I have tested positive for COVID-19. I am currently not experiencing symptoms related to COVID-19 and will be in isolation for a minimum of 10 days. I will continue to monitor myself for symptoms but wanted to reach out to let you know of my situation. Please let me know if there are any accommodations that I may have during this period, or how I may proceed with coursework.