



## **ACTION REQUIRED:**

### **If you are experiencing fever or symptoms of COVID-19 (see page 1):**

- You should stay in your room and follow directions for self-isolation.
- How long should you self-isolate? Four day or until you test negative for COVID-19. If it's possible to return home, self-isolation at home is preferred over remaining at the field station. If you are too ill to leave, notify Point Reyes Field Station Faculty Director, David Ackerly at [dackerly@berkeley.edu](mailto:dackerly@berkeley.edu). Follow the guidance of medical personnel and/or the local public health authority. Continue to self-monitor your symptoms daily.

### **If you test positive OR are presumed positive:**

- Notify Point Reyes Field Station Faculty Director, David Ackerly ([dackerly@berkeley.edu](mailto:dackerly@berkeley.edu)), who will notify the Local Public Health Authority (if they are not already involved in case management)
- Follow your "home" campus/institution/agency reporting procedures
- You will be required to isolate for at least 14 days from symptom onset to monitor your symptoms. You must remain in isolation until you have recovered. The preferred setting for isolation is your home.
- If you were in close contact with staff or other visitors, all others that were within a distance of 6 feet for greater than 15 minutes WITHOUT face covers, are recommended to be tested and required to isolate for 14 days and monitor their symptoms. Follow the guidance of medical personnel and/or the local public health authority.
- If you were wearing a face cover during all encounters with other staff or visitors AND they were all wearing face covers, they will NOT be required to self-isolate and get tested, unless directed by medical personnel and/or the local public health authority – but should continue to self-monitor symptoms daily.

## **PROTOCOL (May be modified at the direction of medical personnel and/or the Local Public Health Authority):**

### **SELF-ISOLATION (OR ISOLATION)**

- The preferred setting for isolation is your residence.
- As much as possible, stay in a specific room and away from others in your residence.
- Wear a face cover whenever you leave your room.

### **RECOVERY**

- You have had no fever for at least 72 hours (that is 3 full days of no fever without using medicine that reduces fevers), *AND*
- Other symptoms have improved, *AND*
- At least 14 days have passed since your symptoms first appeared

### **PRESUMED POSITIVE**

- You have had close contact with a confirmed case within the last 14 days, *AND*
- You are symptomatic with COVID-19 symptoms

### **ISOLATION AND QUARANTINE**

Per CDC guidance, a person's residence is the preferred place of isolation for symptomatic individuals, even while they await testing and/or results.