COVID-19 Exposure

I’ve been exposed & am Not Fully Vaccinated
Unvaccinated or Vaccinated and booster eligible but have not yet received booster

Stay Home (Quarantine) Until:

Early Return
- May return on day 6 if at least 5 days have passed since your exposure date AND
- You have a negative rapid antigen COVID test collected on day 5 or later AND
- You do not have symptoms, or symptoms are resolving, and you have not had a fever for at least 24 hours without the use of fever reducing medicine AND
- You must wear a N95 mask* around others for a total of 10 days* from the date of exposure AND
- Maintain 6-foot distancing from others when possible -OR-

Standard Return
- You are not experiencing symptoms, or symptoms are resolving, and you have not had a fever for at least 24 hours without the use of fever reducing medicine AND
- At least 10 days have passed since the day of your exposure (may return on day 11)

Your first day of exposure is Day 0. Day 1 is the first full day after last date of exposure. Please do not test before Day 6.

I’ve been exposed & am Fully Vaccinated
And Boosted or not yet eligible for booster

You May Return to Work/Continue Working (No Need to Stay Home/Quarantine)

- You must wear a N95 mask* around others for a total of 10 days from the date of exposure
- Work with your supervisor to maintain 6-foot distance from others during these 10 days when possible
- Get a rapid antigen test collected on day 6 from exposure AND test negative.
  - If you test positive or develop symptoms, report the positive result to the COVID Hotline by completing the Daily Wellness Survey. Follow instructions for COVID-19 Positive Test

Day 0 is the day your exposure. Day 1 is the first full day after last date of exposure. Please do not test before Day 6. Follow all instructions provided by Human Resources.

COVID-19 Symptoms
- Fever or Chills
- New Cough -not from asthma/ allergies
- Difficulty Breathing
- Fatigue
- Runny or Stuffy Nose
- Diarrhea
- Vomiting
- Body aches
- Headache, especially with a fever
- Sore throat
- New loss of taste or smell

*Wear a Mask for 10 days
You must wear a well-fitting mask medical grade mask (surgical or N95 respirator) over your nose and mouth when you are around others, indoors and outdoors, for a total of 10 days. For more information on Face Masks, please visit: campusreturn.ucr.edu. You can request a N95 face mask through EH&S.