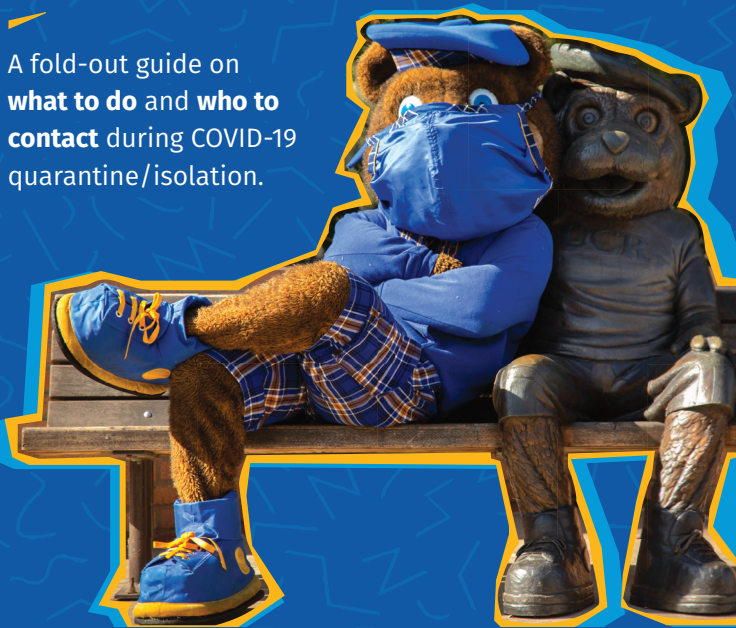


GETTING HEALTHY. KEEPING SAFE.

A fold-out guide on **what to do** and **who to contact** during COVID-19 quarantine/isolation.



FREQUENTLY ASKED QUESTIONS

Have questions or concerns about your time in quarantine/isolation? This list has many of the answers you're looking for. Please contact Student Health Services at (951) 827-3031 if you have additional questions.

What's the difference between quarantine and isolation?

If you have been directly exposed to someone with COVID-19 but do not currently have any symptoms, you will be asked to self-quarantine for 14 days to see if you do show symptoms of the virus. If you have tested positive for COVID-19, you will be asked to self-isolate for at least 10 days to prevent others from getting sick. Both require avoiding contact with other people.

Do I need to get a COVID-19 test while in isolation/quarantine?

No, you need to quarantine for the full time prior to being tested. You do not want to expose others by going to a testing site.

HERE FOR YOU - These UCR offices are available to answer your questions and provide support during your quarantine/isolation and after.

STUDENT HEALTH AND WELLNESS SERVICES OFFICES

STUDENT HEALTH SERVICES

(951) 827-3031 health@ucr.edu
studenthealth.ucr.edu

Assists with providing medical expertise, test results, and answering general health questions.

COUNSELING AND PSYCHOLOGICAL SERVICES

(951) 827-5531 counseling.ucr.edu

Assists students by providing free, confidential, professional mental health services for all registered UCR students on a wide range of personal, emotional, and social issues in support of student success.

STUDENT AFFAIRS CASE MANAGEMENT

(951) 827-5000 casemanager@ucr.edu

casemanagement.ucr.edu

Assists students who are experiencing challenges with their mental health, or academic life including isolation, anxiety, or depression while in quarantine/isolation. We will also prioritize and develop a plan to help you move forward.

THE WELL

(951) 827-9355 thewell@ucr.edu

well.ucr.edu

Supports students by providing individual peer health coaching and professional health educator info sessions on a variety of health topics, and by distributing COVID-19 Wellness Kits to students and classrooms.

BASIC NEEDS

basicneeds@ucr.edu basicneeds.ucr.edu

Assists with providing emergency food support and emergency financial assistance through the economic crisis response team application process, and general basic needs questions.

OTHER CAMPUS OFFICES

RESIDENTIAL LIFE

reslife@ucr.edu housing.ucr.edu/residential-life

Along with Housing Services, Residential Life is available to assist with any and all questions.

HOUSING SERVICES

housinginfo@ucr.edu housing.ucr.edu

Along with Residential Life, assists with any and all questions or concerns while in quarantine/isolation. We coordinate mail/parcel services, trash disposal, and outside grocery and meal deliveries, provide resolution of facility, technical, and dining needs, answer questions regarding quarantine/isolation protocol, and connect residents to outside resources, as necessary.

DINING SERVICES

diningservices@ucr.edu dining.ucr.edu

Assists with communicating with quarantined/isolated students on dietary preferences and daily meal orders. Delivers delicious and nutritious meals directly to designated quarantine spaces for breakfast, lunch, and dinner.

UC POLICE DEPARTMENT

(951) 827-5222 police.ucr.edu

HAVE MORE QUESTIONS? NEED ADDITIONAL SUPPORT?

Connect with the Student Affairs COVID-19 resources page for:

- Testing information
- Prevention tips
- Campus health services
- Community health resources
- Campus news and announcements



Visit studentaffairs.ucr.edu/covid-19 or scan the QR code with your smartphone camera.

Visit ehs.ucr.edu/coronavirus for campus coronavirus updates.



University of California, Riverside
Office of Student Affairs
studentaffairs.ucr.edu

This information is accurate and reliable at the time of publication but may change without notice. Please contact Student Affairs for the most up-to-date information. (01/21)

How do I get released from quarantine/isolation?

After completing your 14-day quarantine, if you have not developed any symptoms or had a positive test result, you may return to work or school. If you develop symptoms during your 14-day quarantine, you will remain in isolation for at least 10 more days and be tested.

After completing your 10-day isolation, you must have no fever for at least 24 hours without taking fever-reducing medication and be at least 10 days from your last positive test in order to return to work or school. You must also be symptom free or your symptoms must have improved.

Will someone be checking on me?

Yes, you will get calls from Student Health Services. Riverside University Health System-Public Health may also call you.

Who do I contact if I start to experience symptoms and/or my symptoms get worse?

If you get health care at Student Health Services, please call (951) 827-3031. Otherwise, please contact your primary care physician.

Will I be notified if someone in my community tests positive for COVID-19?

Yes, a message from Housing Services will be sent to the community if a positive case has been found. Any student(s) who may have had direct exposure to the affected person will be contacted privately.

Can I quarantine/isolate on campus for one night and then leave for home?

We strongly advise against leaving campus but cannot force you to stay here.

Can I leave to pick up mail during quarantine/isolation?

No, mail will be brought to you.

Will I be able to do laundry?

Unfortunately, you will not have access to a washer and dryer while in quarantine/isolation. You will be reminded in advance of going into quarantine/isolation to pack enough clothing for 14 days.

Can I still go to work?

No, you need to stay in place for the duration of your quarantine/isolation.

Will you call my parents?

No, UCR will not notify your family.

Can I open my window?

Yes, you can increase ventilation by adjusting air conditioning or opening any windows or sliding glass doors that are not immediately adjacent to a common walkway used by other persons.

Can groceries be delivered to me?

Dining Services can deliver groceries and other essentials for a nominal fee. Please refer to your quarantine/isolation information packet for more information, such as how to use a third party delivery service. If you do not have a Dining plan and/or have challenges meeting your basic needs, please contact the Basic Needs department at basicneeds@ucr.edu to see what food resources and other assistance you qualify for.

Where can I get a COVID-19 Wellness Kit?

Please check The Well's home page for Wellness Kit information.

COUNTING DOWN THE DAYS

Two weeks can feel like such a long time to be on your own, even when you know you're doing it to get yourself healthy and keep your community safe.

Use this countdown to mark off your days spent in quarantine/isolation, to monitor and make notes on your well-being, and to get ideas for some ways to pass the time.

Please contact **Student Health Services** at (951) 827-3031 or your **primary care physician** if you need medical assistance during your time in quarantine/isolation.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14

PASS THE TIME BY:

- ☐ Monitoring your symptoms every day to report to **Student Health Services**.
- ☐ Completing the **Daily Wellness Survey** every day at wellnesscheck.ucr.edu.
- ☐ Cleaning your room and disinfecting all high-touch surfaces using the provided cleaning supplies.

- ☐ Making plans to hang out virtually with your family and friends.
- ☐ Finding someone to talk with by scheduling a virtual appointment with **Counseling and Psychological Services** at (951) 827-5531.
- ☐ Staying active with free Rec It From Home workouts at recreation.ucr.edu.
- ☐ Taking a self-care break with one of the wellness apps at well.ucr.edu/apps-well-being.

- ☐ Connecting with UCR community at a virtual event featured on events.ucr.edu.
- ☐ Getting help in your classes by scheduling a virtual tutoring appointment at arc.ucr.edu.
- ☐ Attending virtual office hours hosted by your professors and TAs.
- ☐ Discovering new music on kucr.org.
- ☐ Keeping up with campus news at highlandernews.org.

- ☐ Checking out virtual Nooners performances at instagram.com/aspb_ucr.
- ☐ Developing your career plan and explore opportunities at careers.ucr.edu.

YOU GOT THIS!
and remember, we're here for you...