GETTING HEALTHY. KEEPING SAFE.

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

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

Focuses on providing individual and professional mental health services for all registered UCR students on a wide range of personal, spiritual, and social issues in support of student success.

**STUDENT AFFAIRS CASE MANAGEMENT**

- (951) 827-5000
- casemanager@ucr.edu

Assists students and those 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
- well.ucr.edu
- thewell@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

Aqui con su bien, estamos aquí para apoyarlos con sus necesidades básicas y proporcionar asistencia a través de la economía que permita responder a sus necesidades básicas.

**OTHER CAMPUS OFFICES**

**RESIDENTIAL LIFE**

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

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

**HOUSING SERVICES**

- housinginfo@ucr.edu
- housing.ucr.edu

Along with Residential Life, we assist you with any and all concerns while in quarantine/isolation. We coordinate mail/parcel services, trash disposal, and adjust rooms in the case of a positive COVID test for all guests. We also maintain a list of all resources available.

**DINING SERVICES**

- diningservices@ucr.edu
- dining.ucr.edu

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

**UC POLICE DEPARTMENT**

- (951) 827-5222
- police.ucr.edu

UC Police Department serves the Riverside Campus and surrounding areas. They are available to assist with any and all concerns while in quarantine/isolation.

**VISIT**

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

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

**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, you will be asked to self-quarantine for 14 days to see if you do not also have COVID-19. Both require avoiding contact with other people. During COVID-19 contact tracing, 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.

**What’s the difference between quarantine and isolation?**

If you have been directly exposed to someone with COVID-19, you will be asked to self-quarantine for 14 days to see if you do not also have COVID-19. Both require avoiding contact with other people. During COVID-19 contact tracing, 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.

**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. You will be reminded in advance of going into quarantine/isolation to pack enough clothing for 14 days.

**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.

**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.

**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

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)
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.

### 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.

### Monitoring your symptoms
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.

### 14 Days to Keep You Busy

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Day 8</th>
<th>Day 9</th>
<th>Day 10</th>
<th>Day 11</th>
<th>Day 12</th>
<th>Day 13</th>
<th>Day 14</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Pass The Time By:

- Making plans to hang out virtually with your family and friends.
- Finding someone to talk with by scheduling an 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_ucri.
- Developing your career plan and explore opportunities at careers.ucr.edu.

**YOU GOT THIS!**

and remember, we’re here for you...