

For your information, California Department of Public Health Isolation Guidelines ([January 9, 2024](#)) are included below:

Persons Who Test Positive for COVID-19 (Isolation)	
<p>Everyone, EXCEPT Health Sciences, Dental and Health Services Employees and Students, regardless of vaccination status, previous infection or lack of symptoms.</p>	<p>Stay home if you have COVID-19 symptoms, until you have not had a fever for 24 hours without using fever reducing medication (ie: Tylenol, Ibuprofen, Thera Flur, Day Quil etc.) AND other COVID-19 symptoms are mild and improving.</p> <p>If you do not have symptoms, you should follow the recommendations below to reduce exposure to others (Students must contact Student Health Services for Instructions)</p> <p>Mask when you are around other people indoors for the 10 days* after you become sick or test positive (if no symptoms). You may remove your mask sooner than 10 days if you have two sequential negative tests at least one day apart. Day 0 is symptom onset date or positive test date.</p> <p>Avoid contact with people at higher-risk for severe COVID-19 for 10 days*. Higher-risk individuals include the elderly, those who live in congregate care facilities, those who have immunocompromising conditions, and that put them at higher risk for serious illness.</p> <p>Seek Treatment. If you have symptoms, particularly if you are at higher risk for severe COVID-19, speak with a healthcare provider as soon as you test positive. You may be eligible for antiviral medicines or other treatments for COVID-19. COVID-19 antiviral medicines work best if taken as soon as possible, and within 5-7 days from when symptoms start.</p> <p>*The potential infectious period is 2 days before the date of symptoms began or the positive test date (if no symptoms) through Day 10. (Day 0 is the symptom onset date or positive test date).</p>
<p>All students and employees in one of the Health Sciences Program or Dugoni Dentistry, regardless of vaccination status, previous infection or lack of symptoms.</p>	<p>Isolate for 5 full days since symptom(s) started. Students must be cleared back by Student Health Services. If symptoms have resolved, including no fever¹ for at least 24 hours without fever-reducing medication, the earliest clearance is Day 6</p> <p>Wear a well-fitting mask around others for a total of 10 days</p>

If you are a student, please contact your professors to make arrangements for class participation during this absence, if possible and appropriate. For applicable graduate programs, students should contact their Dean of Students. The [Care Managers](#) team is available for support and assistance.

¹ "Fever" is defined as a temperature of 100.4 degrees Fahrenheit or higher.

If you are an employee, please contact your supervisor and notify them of your absence. Human Resources is also being made aware via this email. Any questions related to sick time and timesheet/leave report documentation should be emailed to human_resources@pacific.edu.

If you are a **student**, please contact the Student Health Center at 209.946.2315 if any of the following occur in the upcoming days:

- Experience symptoms, including fever, cough, and/or shortness of breath.
- Current symptoms worsen.

If you are an **employee**, please contact your primary healthcare provider.

Pacific will not tolerate discrimination, harassment or retaliation. Pacific treats information regarding the identity of students and employees with suspected or confirmed cases of COVID-19 as confidential pursuant to all applicable laws regarding the handling of such information. Pacific is required, however, to disclose COVID-19 status in limited circumstances to effectively implement our campuses health and safety plans, and to comply with government mandates.

Students should contact Student Health Services at 209.946.2315 option 1 or email studenthealthservices@pacific.edu if you have additional questions.

Employees should contact [Human Resources](#) with any additional questions.