

## COVID-19 CONSIDERATIONS FOR INSTITUTIONS OF HIGHER EDUCATION

*Riverside University Health System – Public Health*

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The following resources are intended to help California Institutes of Higher Education formulate and implement plans for safe, successful, and full in-person instruction.

### Symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from no symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus.

Possible symptoms include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

**This list does not include all possible symptoms.** CDC will continue to update this list [Symptoms of COVID-19 | CDC](#)

### Isolation

If you have tested positive or have symptoms of COVID-19, it is important to self-isolate and stay away from other people in your community and household. This is to keep them safe and prevent them from getting ill.

- [Guidance on Isolation and Quarantine for COVID-19 \(ca.gov\)](#)
- [RUHS Public Health | Riverside University Health System \(ruhealth.org\)](#)

## **Close Contacts**

"Close Contact" means the following:

- In indoor spaces 400,000 or fewer cubic feet per floor (classroom) a close contact is defined as sharing the same indoor airspace for a cumulative total of 15 minutes or more over a 24-hour period during an infected person's infectious period.
- In large indoor spaces greater than 400,000 cubic feet per floor (such as open-floor-plan offices), a close contact is defined as being within 6 feet of the infected person for a cumulative total of 15 minutes or more over a 24-hour period during the infected person's infectious period.

Spaces that are separated by floor-to-ceiling walls (e.g., offices, suites, rooms, waiting areas, bathrooms, or break or eating areas that are separated by floor-to-ceiling walls) must be considered distinct indoor airspaces.

For more information, please refer to [Order of the State Public Health Officer Beyond Blueprint \(ca.gov\)](#)

## **Vaccines**

Vaccines and boosters are a safe and effective way of preventing COVID-19 disease, especially severe illness, and death, and are the most important resource for keeping campus communities safe.

- [Stay Up to Date with COVID-19 Vaccines Including Boosters | CDC](#)
- [My Turn - California COVID-19 Vaccine Scheduling & Notifications](#)
- [Vaccines.gov - Find COVID-19 vaccine locations near you](#)
- [PH-COVID-Vaccine | Riverside University Health System \(ruhealth.org\)](#)

## **Face coverings**

All Institutions of Higher Education (IHE) should follow current [Guidance for Face Coverings \(ca.gov\)](#). For more information about getting the most out of masking, including tips for improved fit and filtration, refer to the [Face Covering Fact Sheet \(PDF\)](#).

## **Testing, Screening, and Outbreak Response**

- Institution of Higher Education (IHE) can offer [diagnostic testing](#) for students and staff with symptoms of COVID-19 or who were exposed to someone with COVID-19 , or refer them to a community testing site, healthcare provider, or to use an at-home test. [How to get tested - Coronavirus COVID-19 Response \(ca.gov\)](#)
- [Screening Testing](#) identifies people with COVID-19 who do not have symptoms or known or suspected exposures, so that steps can be taken to prevent further spread of COVID-19.
- If an Institution of Higher Education (IHE) is experiencing a COVID-19 [outbreak](#) they should consider adding prevention strategies. Early identification of cases to ensure that they stay home, and isolate is a critical component of outbreak response. Schools and ECE programs that are experiencing outbreaks should work with their state or local health department in accordance with state and local regulations.
- [COVID-19 Prevention Non-Emergency Regulations \(ca.gov\)](#)
- [California Code of Regulations, Title 8, Section 3205.1. COVID-19 Outbreaks.](#)

## **Mitigation Strategies**

Institution of Higher Education (IHE) can optimize [ventilation](#) and maintain improvements to indoor air quality to reduce the risk of germs and contaminants spreading through the air. Consider holding some activities outside if feasible when the COVID-19 Community Level is high.

[Operational Guidance for K-12 Schools and Early Care and Education Programs to Support Safe In-Person Learning | CDC](#)

## **Sports Guidance**

The [CDC](#) and [NCAA Resocialization of College Sports \(PDF\)](#) and [California Community College Athletic Association \(PDF\)](#) provides information, recommendations and requirements for student-athletes.

- California Community College Athletic Association Infection Control Guidance [CCCAA Infection Control in Athletics Recommendation Fall 22.pdf](#)
- COVID-19/CCCAA Information [COVID-19/CCCAA Information - CCCAA \(cccaasports.org\)](#)

## **Additional Resources**

- [Resources for Colleges & Universities to Reduce COVID Risk \(ca.gov\)](#)
- [University of California](#)
- [California State University\(CSU\)](#)
- [Campus Plans](#)
- [Cal/OSHA Enforcement Branch](#)
- [Interactive School Ventilation Tool | CDC](#)
- [Riverside County Department of Public Social Services \(rivcodpss.org\)](#)
- [Education and childcare - Coronavirus COVID-19 Response](#)
- [SMARTER Plan - Coronavirus COVID-19 Response \(ca.gov\)](#)
- [CA Covid-19 School Readiness Hub](#)
- [What to Do If You Test Positive for COVID-19 \(ca.gov\)](#)
- [CDPH Home \(ca.gov\)](#)