COVID-19 CONSIDERATIONS FOR INSTITUTIONS OF HIGHER EDUCATION

Riverside University Health System – Public Health

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)

11/06/2023
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.

- 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)
- IMM-1396_COVIDTimingChart-NewVaccinesv3_9-14-23 (eziz.org)

Face Coverings

For more information about masking, Institutions of Higher Education (IHE) should refer to When and Why to Wear a Mask (ca.gov).
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 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

Additional Resources

- Resources for Colleges & Universities to Reduce COVID Risk (ca.gov)
- University of California
- California State University (CSU)
- 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)