

Please Help Us Prevent the Spread of COVID-19

COVID-19 is still in our community. To reduce potential transmission of COVID-19, we must continue to follow some precautions. Please do not come in this location or participate in any in-person UC ANR activities if you are ill, experiencing symptoms, if you tested positive, or been diagnosed with COVID-19.

- 1. Symptoms:** If you have symptoms of COVID-19 or other transmissible illness, please stay home to prevent exposing others. *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.* See CDC for more information about symptoms: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- 2. Exposures:** If you have been in close contact (within 6 feet for 15 minutes or more) with someone who has been diagnosed with COVID-19, you should carefully monitor for symptoms, get tested in 3-5 days and wear a mask around others for 10 days. <https://covid19.ca.gov/quarantine-and-isolation/#if-you-were-exposed-but-have-no-symptoms>
- 3. Diagnosis:** If you test positive for COVID-19, follow the guidance of CDPH and your medical provider. <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/What-to-do-if-You-Test-Positive-for-COVID-19.aspx>
Most people need to remain isolated for 5-10 days, depending on their symptoms and test results. Even if you test negative after day 5, you should wear a mask around others through day 10 after your symptoms began or you tested positive.