

Guidance for Individuals Exposed to An Individual With A Reported Illness

In an effort to mitigate the spread of disease within the Caltech community, the Institute is working closely with the Pasadena Public Health Department to isolate individuals who are ill with symptoms consistent with those of COVID-19, and to self-quarantine anyone who is considered a close contact of an ill individual.

A close contact is defined as face-to-face contact with another individual who is within 6 feet for 15 minutes or more, or in some cases, prolonged contact with an ill individual even with physical distancing measures in place.

You have been identified as a close contact of an individual who is ill with symptoms consistent with COVID-19 or who has had a positive test for COVID-19. All close contacts of individuals who have a positive test for COVID-19, or who have symptoms consistent with COVID-19, must comply with the [public health officer order](#) to quarantine for 14 days to monitor for symptoms of illness. [Detailed instructions for quarantining are available from the Los Angeles County Department of Public Health.](#)

All undergraduate and graduate students living on campus or in Caltech housing who are unable to meet specific requirements for quarantining in place (ability to stay confined to private bedroom and bathroom with no use of common spaces) will be immediately relocated to designated quarantine space on campus. Appropriate medical monitoring, meals, and other support services will be provided. Non-students should follow the LACDPH guidance for quarantine in their private residences. During your quarantine period, swipe card access to campus buildings will be restricted.

[The CDC recommends](#) that individuals identified as close contacts of a confirmed or suspected case of COVID-19 be tested with an FDA-approved PCR test; your healthcare provider can direct you to local testing resources, including [sites operated within Los Angeles County](#). If you are a student, Caltech Student Wellness Services can facilitate COVID-19 testing for you. If you are a member of Caltech non-student community, including staff, faculty, postdoctoral scholars, and other affiliates, you should contact your primary healthcare provider to obtain a test. Even if you have not experienced symptoms of illness, you may be infected and could spread disease; it is important that asymptomatic close contacts are tested to prevent further potential transmission of illness. **If your test for COVID-19 is positive, or you develop symptoms of illness, you will need to immediately [inform the COVID-19 management team](#) to enable the initiation of contact tracing to identify individuals with whom you have been in close contact.**

During the quarantine period, you should engage in daily health monitoring for symptoms which are consistent with COVID-19.* If you develop symptoms, immediately [inform the COVID-19 management team](#) and consult with your primary healthcare provider.

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| • Fever of 100.0 F (37.8 C) or above | • Headache |
| • Chills | • New loss of taste or smell |
| • Cough | • Sore throat |
| • Shortness of breath or difficulty breathing | • Congestion or runny nose |
| • Fatigue | • Nausea or vomiting |
| • Muscle or body aches | • Diarrhea |

**Chronic/diagnosed health conditions such as seasonal allergies, migraines, chronic fatigue, and other medical concerns that have produced similar symptoms to COVID-19 or influenza-like-illness are exempt from daily health monitoring.*

If you develop symptoms of COVID-19, you must complete a 10-day isolation period beginning on the first day you develop symptoms, regardless of whether or not you have a negative result for an FDA-approved

PCR test for COVID-19. Please consult with your healthcare provider, as well as notify the COVID-19 management team if you develop symptoms of illness during your 14-day quarantine period.

The COVID-19 management team will review your health attestations and entries in the Caltech COVID-19 Reporting Application to assist the team in contact tracing efforts. **Please ensure your health attestation and location information is up to date, whether you are using the paper form or access.caltech application.** If using the paper form, please be prepared to provide this to the COVID-19 management team upon request.

If you are a non-student community member, the Disability and Leave Unit of Human Resources can offer assistance with timekeeping and leave-related concerns. If you are a member of our student community, the deans' office will provide assistance with making up coursework and managing academic matters.

Mental health support is available through [Student Wellness Services](#) (626-395-8331) and the [Staff and Faculty Consultation Center](#) (626-395-8360).

Your cooperation with this process is an essential part of Caltech's and the Pasadena Public Health Department's efforts to mitigate the spread of illness within our community. If you have questions or concerns, please contact Dr. Jennifer Howes or Dr. John Tsai via email at covid19@caltech.edu, or you may communicate with your COVID-19 management team representative.