



UNIVERSITY HOUSING

COVID-19 Policy and Protocols - Effective Summer 2024

In this document, you will find COVID-19 related public health guidance and expectations for residential students at CSUDH. The health and safety of our residential community continues to be a top priority. We will continue to work closely with campus and local public health experts, and update this document as needed.

Vaccination

All residential students must meet the University's [immunization requirements](#), which include the COVID-19 vaccine. Please contact Student Health Services at (310)243-3629 for questions about immunization requirements, including exemptions.

Masks

There are currently no masking requirements on campus. Regardless of COVID-19 rates, the CDC recommends masking:

- If you have symptoms of a respiratory infection, such as a cough, runny nose, or sore throat.
- In crowded indoor settings, such as in airplanes, trains, and buses.
- In public areas around people who are older or have medical conditions that put them at increased risk for severe COVID-19.
- For 10 days after having a significant exposure to someone who has tested positive for COVID-19.
- If you have tested positive.

Testing

If you have symptoms of COVID-19, it is highly recommended that you take a PCR or rapid antigen test. Home antigen tests are available for purchase at most pharmacies. Students who are symptomatic may schedule an appointment at the [Student Health Center](#).

What to Do If You Test Positive

Residents who test positive for COVID-19 should isolate in their room/apartment while wearing a mask and follow these current guidelines:

1. Confidentially [REPORT](#) your COVID-19 positive results by filling out the campus' [online reporting form](#).
2. Notify your close contacts (anyone you spent 15 minutes or more in a 24-hour period in a shared indoor space beginning 2 days prior to the onset of symptoms or test date, whichever is earlier) so they are aware of their COVID exposure and so that they can consider testing, watch for symptoms, and mask to protect others.
3. If you have COVID-19 symptoms, stay in your room/apartment until you have not had a fever for 24 hours without using fever-reducing medication AND other COVID-19 symptoms are mild and improving. Continue to mask for the full 10 days after your symptoms began.

4. If you do not have symptoms, follow the recommendations below to reduce exposure to others:
 - Mask when you are around other people for 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.
 - Avoid contact with people at higher-risk for severe COVID-19 for 10 days. Higher risk individuals include the elderly, those with immunocompromising conditions, and those that live in congregate care facilities.
5. 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.

Isolation Guidance

A mask should be worn at all times within the room/apartment, and you should remain in your room with the door closed as much as possible – and no visitors – during this time. Open windows for ventilation if possible and wear a well-fitting mask whenever you leave your room/apartment or are around others.

The following exceptions are allowed for brief trips and then returning directly to your room/apartment:

- Use the common bathrooms, if in the Residence Hall. If possible, avoid heavy traffic times, and wash your hands with soap as soon as you enter. Always keep your mask on except when brushing your teeth/brief showering. Wipe down any surfaces you have touched with a disinfecting wipe.
- Pick up to-go meals at campus dining or food vending locations while wearing a mask. You may also pick up food deliveries outside your residence from an off-campus restaurant or delivery service while wearing a mask. Eat in your room away from others, or outdoors.
- Use the laundry facilities in your building only when absolutely necessary and try to avoid peak times. Always wear a mask.
- Sit outside, away from others to get fresh air. You can go for a walk alone. Please wear your mask.
- End isolation when you have not had a fever for 24 hours without using fever-reducing medication AND other COVID-19 symptoms are mild and improving. Continue to mask for the full 10 days after your symptoms began. You may also refer to the *COVID-19 Reporting Flowchart* on the [CSUDH website](#) for additional guidance.

What if Your Roommate Tests Positive

If your roommate, or other close contact, tests positive and you do not have symptoms, you are not required to quarantine; however, please wear a well-fitting mask around others for 10 days following last exposure. If you become symptomatic, please isolate, get tested, and refer to the guidelines above.

Where to Go for Help

- Call your health care provider or [Student Health Services](#) at (310) 243-3629 if you are ill and are unsure if you need to be seen.
- Contact your RLC or RA for questions regarding rules and requirements within your room or apartment.