

Message sent to PhD and master's students
Dec. 3, 2020

Subject: Important! COVID Quarantining/Testing Updates

Dear Students,

We hope that you are doing well as we enter the winter and holiday season. You will have seen the [guidance that we sent on Nov. 19](#) about travel and COVID testing for students. We are writing now to give you additional information on the steps you will need to take if you are planning to travel over the winter break.

If you travel outside of the nine Bay Area counties this holiday season you must complete [this survey](#) upon your return. Through the survey you will be provided specific instructions quarantining and testing.

Briefly, if you travel outside of the Bay Area counties, you will be required to quarantine before returning to campus. You may choose one of two options:

- Self-quarantine for 14 days to monitor for symptoms; or,
- Self-quarantine for 7 days to monitor for symptoms and get and submit proof of a negative COVID-19 test on day 7 (or later) of the quarantine.

Special note for those who live in UCSF housing: If you travel outside of the Bay Area, you live in UCSF housing, *and* you share a unit with one or more people who are not a member of your family, you will be required to schedule *two* tests. (Dates to get tested will be provided based on your answers in the survey.)

As has always been the case, you are also required to [complete the daily health screen](#) before coming to campus.

As ever, we ask that you follow guidance from local, state, and federal authorities on keeping safe during the pandemic. See a summary and online resources below.

Whether you have traveled or not, if you have experienced a potential high-risk exposure please send a [secure message to the Student Health nurse](#) prior to resuming any in-person activities on campus.

Thank you for your continued efforts to keep yourselves and the campus community as safe as possible.

Sincerely,

Elizabeth Watkins and Liz Silva

Elizabeth Watkins, PhD
Dean, Graduate Division
Vice Chancellor, Student Academic Affairs
Professor, History of Health Sciences

Elizabeth Silva, PhD

Associate Dean of Graduate Programs, Graduate Division

University of California, San Francisco 1675 Owens St, CC310 | San Francisco, CA 94143-0523

Tips to stay safe:

- Please ensure you have had a flu shot.
- DON'T TRAVEL unless you absolutely need to.
- If visiting family out of the area, get tested for COVID before you leave.
 - The benefits of this are primarily determined by your current risk. The existing recommendation is for college students to consider testing prior to traveling to see family, primarily because of their exposure to high-risk settings (parties, congregate living, etc.).
 - If you are interested in getting a COVID test prior to traveling, see the link below for COVID testing sites in SF; Student Health is unable to support this testing.
- Minimize risks during travel.
 - Wear a mask; maintain appropriate distance (6 feet)
 - Avoid traveling in a vehicle with people outside your “bubble” (e.g., of different households)
- Minimize risks, whether staying in the Bay Area or traveling.
 - Minimize the number of people you interact with
 - Minimize time spent indoors and/or without a mask with people outside of your “bubble”

References and important links:

- [SHCS COVID-19 Care and Testing page](#)
- [SFDPH Guidance on Gatherings in the Bay Area](#)
- [SFDPH Travel Guidance](#)
- [CalDPH Travel Guidance](#)
- [COVID Testing Sites in SF](#)