

Self-monitoring During COVID-19

The California Department of Public Health is providing the following guidance for school and public health officials to inform local decision-making on COVID-19). This guidance includes four “Scenarios” (levels), each with recommended actions. School and local public health officials should act based on specific circumstances in local jurisdictions.

Scenario 1 (current level)—Measures already underway to prevent the spread of COVID-19:

Encourage all students, faculty and staff to take everyday preventive actions:

- Stay home when sick
 - Those with a fever should remain at home or in your dorm until the fever has been gone for at least 24 hours without the use of fever-reducing medicines
 - Seek immediate medical care if symptoms become more severe, e.g., high fever or difficulty breathing
- Use “respiratory etiquette”
 - Cover cough with a tissue or sleeve. See CDC’s Cover Your Cough page for more ([cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html](https://www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html))
 - Provide adequate supplies within easy reach, including tissues and no-touch trash cans
- Wash hands frequently
 - Encourage hand washing by students and staff through education, scheduled time for handwashing and the provision of adequate supplies
 - Provide alcohol-based hand sanitizers to supplement hand washing

Scenario 2—Measures to be taken if there are two or more community transmission cases of COVID-19, but no staff or students test positive:

- Faculty and staff with any fever and/or respiratory infection symptoms should not be at work
- Faculty and staff should self-screen (check themselves for subjective fever and/or respiratory symptoms such as cough) for respiratory infection symptoms each morning before interacting with students
- Ensure sick leave policies allow faculty and staff to stay home if they have symptoms of respiratory infection
- Limit visitors to the campus by not allowing those with symptoms of fever and/or respiratory infection or who have a travel history over the course of the last 14 days to an area identified

The complete document, including all four scenarios:

[cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/CDPH%20Higher%20Education%20Guidance_ADA%20Compliant_FINAL.pdf](https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/CDPH%20Higher%20Education%20Guidance_ADA%20Compliant_FINAL.pdf)