



SARS Exposure Assessment

Severe acute respiratory syndrome (SARS) is a respiratory illness that has recently been reported in Asia, North America and Europe. As a public health concern, we are distributing this information to all members of the Berkeley campus community and visitors and ask for your cooperation with these infection control recommendations.

To find out more about SARS, go to these frequently updated websites:
Centers for Disease Control: www.cdc.gov/ncidod/sars/
World Health Organization: www.who.int/csr/sars/en/
UC Berkeley: www.berkeley.edu/news/sars/index.shtml

CDC hotline for general information:
English (888) 246-2675 ■ Espanol (888) 246-2857 ■ TTY (866) 874-2646
Mon-Fri, 8am-11pm and Sat-Sun, 10am-8pm Eastern Standard Time



Have you traveled to or from a SARS affected area or been in close contact with a known SARS patient in the 10 days prior to your arrival at Berkeley?



If NO:

Please read the SARS information at the web sites noted above. No additional action is requested at this time.



If YES:

If you are healthy and have no symptoms of illness:

- 1) **Be vigilant** about identifying any signs of illness, especially fever, chills, cough, shortness of breath, or difficulty breathing.
- 2) **Take your temperature** twice daily, once in the morning and once in the evening.
- 3) **Wash your hands frequently.**
- 4) **If you develop a fever $\geq 100.4^{\circ}\text{F}$ ($\geq 38^{\circ}\text{C}$) or respiratory symptoms,** follow the instructions for patients who are ill.
- 5) **You can discontinue these procedures** after you have been outside of a SARS-affected area or out of close contact with a person known to have SARS for 10 days if you do not become ill.
- 6) **Questions?** Contact University Health Services (642-1814).

If you have any signs of illness, especially fever, chills, cough, have difficulty breathing or shortness of breath:

- 1) **Immediately contact the UHS-Tang Center advice nurse (643-7197)** for further instructions. You may be directed to the UHS Urgent Care Center (642-3188) for evaluation.
- 2) **If the Tang Center is closed,** immediately seek evaluation by your local health care provider or at Sutter Urgent Care Center, 204-2750 (Call first and ask to speak to the provider); or the Alta Bates Summit Medical Center Emergency Department, 204-1303. (Call first and ask for charge nurse).
- 3) **Don't expose others.** Until you have been evaluated by a health care provider, stay home, cover your mouth when you cough, and practice frequent handwashing.

▶ *For life threatening medical emergencies, always call 911.*