



To students, faculty, staff and visitors:

If you are planning to visit or return to Berkeley from a SARS affected area...

While you are in an area with SARS:

- To protect against SARS infection, wash your hands frequently.
- To minimize the possibility of infection, you may wish to avoid close contact with large numbers of people as much as possible. CDC does not recommend the routine use of masks or other personal protective equipment while in public areas.
- If you should become ill with fever or respiratory symptoms, a visit to a health-care provider is strongly recommended.
- Monitor the CDC web site for updates on a regular basis. www.cdc.gov
- If you have been in close contact or think you have been in close contact with a suspected SARS patient within 10 days of traveling, you should not leave the affected area until you are evaluated.

Visiting or returning to Berkeley

Individuals who are symptom free and have not been in close contact with a known SARS patient are welcome to campus. However, please follow the guidelines below to monitor your health.

If you are healthy and have no symptoms:

- 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 the 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.*