



## COVID-19 SELF ATTESTATION FORM

**\*\*COMPLETE AND SUBMIT THIS FORM TO YOUR MANAGER & [leaves@csumb.edu](mailto:leaves@csumb.edu)**

Employees should self-attest that they meet the [California Department of Public Health's \(CDPH\)](#) criteria for returning to work using this form.

**Once the criteria are met, please sign, date, and return the self-attestation form to your manager and [leaves@csumb.edu](mailto:leaves@csumb.edu). You are then cleared to return to campus for work.**

**OPTION:**

- You may end isolation starting on day 5 (or later) IF
  1. Your symptoms\* are not present or are resolving,
  2. AND you test negative
    - Home rapid tests are acceptable
    - COVID-19 testing is available at CSUMB Otter Student Union Monday-Friday, 8am-4pm (except holidays).
- If you are unable to or choosing not to test, you should isolate for the full 10 days.
- If you continue to test positive on day 5 (or later), isolation can end after day 10, and you can return to the workplace if you are fever free for 24 hours without the use of fever-reducing medications.
- Verification of test results and/or medical certification may be requested.

I, \_\_\_\_\_ verify that I have met the [CDPH's criteria](#) as defined for returning to work.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

*\*Symptoms of COVID-19 may include cough, shortness of breath or difficulty breathing, fever or chills, muscle or body aches, vomiting, diarrhea, headache, and new loss of taste or smell.*

Rev. 8/12/2022



First responders and healthcare workers - follow your workplace protocol for return to work following exposure to or infection with COVID-19.

All other workers - use the following criteria for returning to work following a confirmed COVID-19 infection:

| Persons Who Test Positive for COVID-19   | Recommended Actions  |
|--|--|
| <p>Everyone, regardless of vaccination status, previous infection or lack of symptoms.</p> | <ul style="list-style-type: none"> <li>• <b>Stay home (PDF)</b> for at least 5 days after start of symptoms (or after date of first positive test if no symptoms).</li> <li>• Isolation can end after Day 5 if symptoms are not present or are resolving and a diagnostic specimen* collected on Day 5 or later tests negative.</li> <li>• If unable to test, choosing not to test, or testing positive on Day 5 (or later), isolation can end after Day 10 if fever-free for 24 hours without the use of fever-reducing medications.</li> <li>• If fever is present, isolation should be continued until 24 hours after fever resolves.</li> <li>• If symptoms, other than fever, are not resolving, continue to isolate until symptoms are resolving or until after Day 10. If symptoms are severe, or if the infected person is at high risk of serious disease, or if they have questions concerning care, infected persons should contact their healthcare provider for available treatments.</li> <li>• Per CDPH masking guidance, infected persons should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see masking section below for additional information).</li> </ul> <p>*Antigen test preferred.</p> |

| Asymptomatic Persons Who are Exposed to Someone with COVID-19 (No Quarantine)   | Recommended Actions  |
|---|--|
| <p>Everyone, regardless of vaccination status.</p> <p>Persons infected within the prior 90 days do not need to be tested, quarantined, or excluded from work unless symptoms develop.</p> | <ul style="list-style-type: none"> <li>• Test within 3-5 days after last exposure.</li> <li>• Per CDPH masking guidance, close contacts should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings and when near those at higher risk for severe COVID-19 disease (see masking section below for additional information).</li> <li>• Strongly encouraged to get vaccinated or boosted.</li> <li>• If symptoms develop, test and stay home (see earlier section on symptomatic persons), AND</li> <li>• If test result is positive, follow isolation recommendations above (Table 1).</li> </ul> |

University Personnel  
Tide Hall – Building 23  
P 831-582-3389 | [leaves@csumb.edu](mailto:leaves@csumb.edu)

Rev. 8/12/2022