

Hello BCC Family!

On December 15, 2022, the Occupational Safety and Health Standards (CALOSHA) Board voted to adopt non-emergency COVID-19 prevention regulations. These regulations went into effect on February 3, 2023, and will remain in effect for the next two years.

During this time it is important to keep completing your [DAILY SELF-HEALTH-TEST](#) on the BCC website or by downloading our easy to use app [here](#).

Important definitions:

- “Close Contact” is now defined as sharing the same indoor airspace with a COVID-19 case for a cumulative total of 15 minutes or more over a 24-hour period during the COVID-19 infectious period. For indoor airspaces of greater than 400,000 cubic feet, “close contact” is defined as being within six feet of a COVID-19 case for a cumulative total of 15 minutes or more over a 24-hour period during the COVID-19 case’s infectious period. For more information about “close contact” please [click here](#).
- “COVID-19 case” means a person who has tested positive for COVID-19.
- Face Covering – Surgical mask, medical procedure mask, a respirator worn voluntarily, or a tightly woven fabric or non-woven material of at least two layers. A face covering has no visible holes or openings and must cover the nose and mouth. [Click here](#) for more information.
- “COVID-19 symptoms” means fever of 100.4 degrees Fahrenheit or higher, chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea, unless a licensed health care professional determines the person’s symptoms were caused by a known condition other than COVID-19. [Click here](#) to learn about the difference between COVID-19 and the flu.
- “Infectious period” For COVID-19 cases who develop COVID-19 symptoms, the "infectious period" is from two days before they first develop symptoms until 10 days after symptoms first appeared (or through day five if the COVID-19 case tests negative on day five or later), and 24 hours have passed with no fever, without the use of fever-reducing medications, and symptoms have improved. [Click here](#) to learn more about the infectious period.

What to do if you are experiencing symptoms/test positive for COVID-19: Stay home and do not come to campus. Positive cases and potential COVID-19 symptoms should be reported through the BCC [Daily Self Health Check](#). After reporting your positive case or symptoms, you may need to quarantine for up to 10 days. Quarantine can end early:

- If you test negative and symptoms have improved.
 - You are fever-free for 24 hours (without the use of fever-reducing medication)
- If at least 5 days have passed since onset of symptoms.

What to do after being in close contact to someone with COVID-19: No need to self-isolate at this time if **no symptoms** are present. You should start monitoring yourself for symptoms for the next 10 days, wear a well-fitting mask when around others, and test after 5 days of exposure. Please send a picture of your test results to Kim Young at kyoung@barstow.edu.

When to wear a mask: You may choose to mask at any time. Wear a well-fitting mask or respirator if you have been in close contact or are at high risk of getting sick. If you need masks, please submit a work order to Maintenance & Operations on BCC portal. [Click here](#) for more information

Testing: Test can be provided upon request through Human Resources. [Click here](#) for testing sites near you.

Important links:

[COVID-19 | Barstow Community College](#)
[COVID-19 Prevention Non-Emergency Regulations \(ca.gov\)](#)
[Coronavirus Disease 2019 \(COVID-19\) | CDC](#)
[SBCOVID-19 – San Bernardino County Covid-19 Response \(sbccovid19.com\)](#)
[COVID-19 Resources \(ca.gov\)](#)
[CDPH COVID-19 Calculator](#)
[Guidance on Isolation and Quarantine for COVID-19 \(ca.gov\)](#)

Thank you for your continued support in keeping BCC safe.

Please contact Kim Young at kyoung@barstow.edu for any additional information or questions.