Hello Student,

If you are receiving this email you have been identified as a close contact of a positive case of covid-19, and need to complete a 14-day quarantine. Please read this full email for expectations and resources.

**EXPECTATIONS**

1. You will be quarantining in your current room space. Please stay in your room as much as possible. You should not be gathering in hallways, other students’ rooms, or common areas. You should not be attending in person classes or Events.

2. You can leave your room to use the bathroom, to pick up meals each day and for solo exercise.

3. You can choose to return to home for your quarantine if you would like. Please email Vcarlson@uwlax.edu the address you will be completing your quarantine at.

4. If you start to experience symptoms at anytime. Please contact the COVID-19 Answer line 608.785.8559. You may be asked to move into Isolation Housing.

5. Please continue to answer your phone including unknown numbers as student health center staff will be calling with updates about your quarantine status.

**RESOURCES**

**Meal Distribution**
Please Pick up your meals at the meal tent closest to your hall.

Breakfast will be served 8-9am,
Lunch 11:30a-1pm,
Dinner 5-6:30pm.

Vegetarian and Vegan meals will be available. If you have specific dietary needs, please email Steve Martens at smartens@uwlax.edu.

If you are not well enough to leave your room, Please contact Res Life at (608) 386-3690

**Trash Disposal**
Please dispose of your trash in the nearest outside dumpster.

**Laundry**
You can do laundry in the basement of your hall; please physically distance and only have one student in the laundry room at the time you are there.

**Mail**
The Eagle Mail Center is open Monday - Friday from Noon - 4:00pm.
However, while you are in quarantine please refrain from coming to retrieve your own mail.
We will hold any mail that comes to the Eagle Mail Center until you are able to pick it up.
If you have a specific mail emergency (example: medication) please email housing@uwlax.edu for assistance.

**Academic Support**
The Student Life Office can provide advocacy in regards to your academics by providing your instructors an absence notification. Please complete this Absence Notification form for a notification from the Student Life Office.

For further advocacy, you can schedule an appointment with Student Life staff by using this booking webpage or by calling the Student Life Office at 608-785-8062.

If you have further questions about Student Life's Advocacy and Empowerment services, please visit this webpage.

**Mental Health Information:**
Being in isolation can be challenging. We are here to support you. Please take some time to review the Counseling and Testing's Self Help resources for COVID-19.

*If you are experiencing a life-threatening emergency, call 911 immediately*
For all other mental health crises, call Counseling and Testing at 608.785.8073

If it is outside of our Monday through Friday 8 am-4:30 pm hours, use the After-Hours Assistance contacts here:

- Residence Life Support Staff: 608.790.4775 a Hall Director will answer this call
- La Crosse County Mobile Crisis: 608-784-HELP (4357)
- Trevor Project: 1-866-488-7386
- 741741: Crisis Text Line: Text "HOME" at any time to 741741

Don't hesitate to text or call if you have other needs or questions

-Tori

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