If you have decided to stay at your **home/off-campus** for the duration of your isolation, please ensure you are separating fully from anyone else in your home by staying in your private space as much as possible. If you need to use shared areas, always wear a mask and complete a disinfection of the shared areas after each use.

Please continue to check your phone and voicemail (make sure your voicemail is set up please!) for calls from our COVID team or the La Crosse County Health Department for your positive case interview. They will assist you to confirm your isolation period and ask about those you have had close contact with. Please answer or return their calls. You will receive a call towards the end of your isolation to confirm the end date of your isolation.

For Acute Medical Concerns, Please Call: 911 in case of Emergency. For local health needs, reach out to your personal healthcare provider or clinic.

Academic Support
The Student Life Office can provide advocacy regarding 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:

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