

When you are **assigned to a room in our on-campus isolation spaces**, pick up your key from the table outside of the Office of Residence Life. (The Office of Residence Life is located on the Northeast corner of Eagle Hall.) Please see [Quarantine/Isolation packing recommendations list](#).

Expectations Reminder: You should be staying in your assigned O. White room unless you are using the bathroom, reheating your food, or leaving the hall to pick up your meals and for solo exercise. You should not be gathering in hallways, other students' rooms, or common areas. You should not be attending in person classes or events. Mask wearing is required anytime you are not in your individual room.

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 After Hours Support, Please Call: 608-386-3667

For Acute Medical Concerns, Please Call: 911 in case of emergency. Non-emergency- UWL COVID-19 Answer Line 608-785-8559, option 4 for Student Health Center during business hours or for Mayo Clinic Nurse line number after hours.

Meals

Those individuals who are isolating in O. White Hall will pick up their food in Chars. Entrance and exit to Chars will be through the South doors at the Whitney Dining Center. Please note, this is the only dining area available for students who are in Isolation.

The hours are:

Monday - Friday

Breakfast 7:00 a.m. - 10:30 a.m.

Lunch 11:00 a.m. - 2:30 p.m.

Dinner 4:30 p.m. - 7:30 p.m.

Saturday and Sunday

Brunch 9:00 a.m. - 2:30 p.m.

Dinner 4:30 p.m. - 7:30 p.m.

Trash Disposal

Please dispose of your trash in the nearest outside dumpster. You can pick up extra garbage bags near the microwave on each floor.

Laundry

You can do laundry in the basement; please physically distance and only have one student in the laundry room at a time.

Forgotten Items

If you have forgotten to pack something, we can retrieve items for you. We might not be able to go right in the moment, but we usually can accommodate your requests within the day. Please email your requests to housing@uwlax.edu.

Mail

While you are in isolation 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 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 a virtual 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

Changing Isolation Location

You can choose to return to home for your isolation period if you would like. If you make that decision, please email housing@uwlax.edu to let us know about the change as well as the address of your new isolation location.

Checkout Instructions

When you have been cleared to leave isolation, here are the checkout instructions for O. White:

1. Check to make sure all your personal belongings are removed from your room and trash is taken to the dumpster.
2. Complete the checkout packet located at the front desk. Make sure you complete all sections including date, name, signature, etc.
3. Place keys inside packet.
4. Place packet in the open slot at the front desk. There is also a sign pointing to the open slot.
5. Please reply to this email to let us know you have checked out.