

If you have been identified as a close contact by someone who has tested positive for COVID-19, you will be instructed to **quarantine in your current room**.

Quarantine lasts for 14 days from the last day that you were in close contact with a positive case. It is not possible to end quarantine early, even with a negative COVID test. You will receive a call towards the end of your quarantine from Student Health to confirm that you can end your quarantine and return to class.

If you do have documentation that indicates you are fully vaccinated (1 dose of Janssen vaccine at least 14 days prior to the date of exposure, OR 2nd dose of Pfizer or Moderna at least 14 days prior to the date of exposure), please email housing@uwlax.edu with a copy of your vaccination records.

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. You should not have any guests in your room while you are in quarantine status.
2. You can leave your room to use the bathroom, pick up meals, and for solo exercise outside.
3. If you start to experience symptoms at any time: If it is between the hours of 8am and 4pm, please contact the **Student Health Center at 608-785-8558** to make an appointment for testing. **Please also call COVID-19 Hotline at 608-785-8559, choose option 3**, to alert the Disease Investigation Team that you are experiencing symptoms. **After hours, please call the COVID Hotline, option 4 for the Mayo Clinic Nurse Line.** Please continue to answer your phone and check your voicemail, including unknown numbers, as staff will be calling with updates about your quarantine status. On campus testing is not available on the weekends; however, same day COVID testing may be available in the community and with our local health care and pharmacy partners. **Please visit the La Crosse County Health Department testing page for current options:** <https://www.lacrossecounty.org/covid19/testing-information>
4. Your quarantine will end when someone from Student Health Services has called to release you.

Meals

Those individuals who are quarantining on campus will pick up their food in Chars. Entrance and exit to Chars will be through the South doors. Please note, this is the only dining area available for students who are in Quarantine.

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.

Bathroom Cleaning

If you live in Eagle or Reuter Hall, we will not be cleaning your bathroom for the duration of your quarantine, but cleaning supplies are available. Please reply to this email if you need cleaning supplies.

Laundry

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

Mail

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 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 quarantine 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 Quarantine Location

You can choose to return to home for your quarantine 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 quarantine location.