WHAT IF YOUR COVID-19 TEST COMES BACK POSITIVE? 
COMMUNITY MEMBERS & UWL EMPLOYEES

COMMUNITY MEMBERS
• To separate from others in your home:
  • Stay in your own bedroom as much as possible.
  • Minimize time in shared areas.
  • If using shared areas, wear a mask.
  • Disinfect surfaces after each use (countertops, door/sink handles, etc.).
  • Do your own dishes and do not share food with others in your home.
  • Keep at least 6ft of distance between yourself and others in your home.

UWL EMPLOYEES
• If you have a positive test, please email selfreport@uwlax.edu to report your result to the UWL COVID Disease Investigation Team. Include the following information in your email:
  • First Name
  • Last Name
  • Return phone number
  • UWL employee or student
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  • Minimize time in shared areas.
  • If using shared areas, wear a mask.
  • Disinfect surfaces after each use (countertops, door/sink handles, etc.).
  • Do your own dishes and do not share food with others in your home.
  • Keep at least 6ft of distance between yourself and others in your home.

ISOLATION
• Do not have contact with others and stay home
• Do not go to class, work, sports, or other public activities
• Even if you don’t have symptoms you can still spread COVID-19
• Get rest and drink plenty of fluids. Over the counter medications such as ibuprofen or acetaminophen can be helpful. If you are concerned about your symptoms, contact your doctor.
• See your doctor right away if you have any emergency warning signs: Struggling to breath, acting confused, bluish lips or face, difficulty waking up, constant chest pain, slurred speech, dizzy or lightheaded, seizures