

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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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