

WHAT IF YOUR COVID-19 TEST COMES BACK POSITIVE?

ON CAMPUS

- You are encouraged to go to an off campus location, preferably your permanent address. If you are unable to leave campus, call the COVID hotline at 608.785.8559, option 2 to discuss need for alternate housing. If spaces are available on campus, you will move to a shared room with others who may be exposed to COVID-19.
 - If we are unable to answer please leave a message with name, phone #, reason for calling and we will call you back.
- Check your email for resources to assist you during your isolation.
- Answer your phone, even unknown numbers. Members of Residence Life and/or the Disease Investigation team may need to call you for more information.
- Pack items you will need for isolation:
 - Medications including prescriptions and medications for symptom management
 - Multiple changes of clothing
 - Bed linens and pillow (bed linens will not be provided)
 - Toiletries
 - Snacks (meal pick up will be provided if isolating on campus)
 - Face coverings
 - Leisure items
 - Don't forget:
 - Cell phone charger
 - List of important phone numbers, allergies, and prescription medications
 - Computer/charger and Textbooks/notebooks

OFF CAMPUS

- To separate from others in your home:
 - Stay in your own bedroom as much as possible.
 - If using shared areas, wear a mask in the shared areas.
 - Minimize time in shared areas.
 - 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 the Student Health Center at 608.785.8558 .
- 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

ACADEMIC SUPPORT

- Please inform instructors you will be absent from class.
- The Student Life Office can provide advocacy in regards to your academics by providing your instructors an absence notification. Please complete the 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 the webpage.
- Please answer phone when called by UWL or the Public Health Department for contact tracing. Make a list of persons with whom you have had direct physical contact, people you live with, and people who were within 6 feet of you for more than 15 minutes in a 24 hour period. This may include classmates.