



COVID-19 information and resources for students who live off campus

The health and safety of our campus community is our priority.

MAKE A PLAN

Students should make a plan in case they or a close contact (friend, roommate) tests positive for COVID-19 – and share the plan with family, roommates, and friends. Here are some prompts to get students started:

- List of emergency contacts
- Preferred health care provider
- Names and contact information of those who live nearby and can help provide day-to-day care or support during a quarantine period
- Review [CDC guidance](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/living-in-close-quarters.html) (www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/living-in-close-quarters.html) for those who share an apartment or live in close quarters

SYMPTOMS

People with these symptoms, or combinations of symptoms, may have COVID-19 and may want to seek medical attention and get tested.

- Fever (temp of 100.4 F or greater)
- Cough
- Muscle or body aches
- New loss of taste or smell
- Congestion or runny nose
- Diarrhea
- Chills or shaking
- Shortness of breath or difficulty breathing
- Headache
- Sore throat
- Nausea or vomiting

WHEN TO CALL UHS OR ANOTHER MEDICAL PROVIDER

Most people who have COVID-19 have minor symptoms such as fever and cough, and will get better on their own at home.

UHS is open M-F, 8:30 am to 5 pm, and has a 24/7 nurse advice line and a 24/7 mental health crisis line for concerns that arise after hours and on the weekends. If a student is experiencing a life-threatening emergency, they should dial 9-1-1 or go to the nearest emergency room.

Students should seek immediate medical care or dial 9-1-1 if they experience any of the following emergency warning signs:

- Difficulty breathing
- Constant chest pain or pressure
- Confusion
- Slurred speech (new or getting worse)
- Bluish lips or face
- Feeling dizzy or lightheaded
- Difficulty waking up
- New seizures or seizures that won't stop

TESTING

UW-Madison COVID-19 testing centers are located at the Fluno Center, Henry Mall, and at 21 N. Park Street, Monday through Friday, 8:30 a.m. to 4:30 p.m. Complete testing location information is available at uhs.wisc.edu/medical/testing.

Testing appointments can be scheduled in MyUHS, are unlimited, and available at no cost. Results will be available in MyUHS within 72 hours, often sooner. Students receive notification of all tests in an email that directs them to their MyUHS account. If a student tests positive, they will be contacted by UHS, Public Health Madison & Dane County, or the Wisconsin Department of Health Services via phone. If a student has COVID-19 symptoms and no testing appointments are available at Henry Mall, the Fluno Center, or 21 N. Park, they can call UHS at 608-265-5600 to schedule a time to be tested in the clinic during regular business hours. We continue to release new appointments daily. We have seen people proactively book appointments, and we continue to encourage those with symptoms or in close contact with a confirmed positive to schedule.

If a student wishes to be tested on a weekend in Madison, Public Health Madison & Dane County offers testing on Saturdays. See publichealthmdc.com/coronavirus/testing for additional information and to pre-register for a test.

Students who do not live in Dane County can still get tested at the Alliant Energy Center—information is on Public Health Madison & Dane County’s website at publichealthmdc.com/coronavirus/testing.

It’s important that you provide your local Dane County (on or off campus) address when being tested so that you can receive your test results and instructions for next steps quickly.

CONTACT TRACING

When a student is exposed to COVID-19 or tests positive for COVID-19, they will be contacted by phone by either UHS, Public Health Madison & Dane County, or the State Department of Health Services (DHS). Both on and off campus tests are available. The health and safety of our campus community is our priority. Please answer your phone and give truthful answers to contact tracers—it’s an essential part of controlling the spread of COVID-19 in our community.

WHEN AND HOW WILL PARENTS/FAMILY MEMBERS/ROOMMATES BE NOTIFIED IF A STUDENT IS SICK?

If a student is 18 years or older, their health records at UHS are protected by federal and state privacy laws. If a student wishes for their parent or family member to speak with a UHS provider about a health concern, the student must complete a Release of Information form after their COVID-19 test result becomes available or send a secure message to the [Health Information Management](https://go.wisc.edu/him) (go.wisc.edu/him) team in MyUHS. A Health Care Power of Attorney form does not automatically allow for access to a student’s health records.

If a student is hospitalized due to illness, a parent or family member is not automatically contacted by UW-Madison. The student would need to ask university staff to contact their family. A student can contact the [Dean of Students Office](https://doso.students.wisc.edu) (doso.students.wisc.edu) at 608-263-5700 if they need support; the Dean of Students Office will partner with parents and family members where appropriate.

Hospitals will notify parents, family members, or others about a student’s hospitalization with the student’s permission. In most cases, parents become aware of a student’s hospitalization before university staff are notified. In emergency situations where a student cannot provide their permission,

federal and state laws allow Hospitals to contact and share information with family members, close friends, or significant others who should be involved in the student's care.

ISOLATION AND QUARANTINE IN A SHARED LIVING SPACE

Students who live off campus (in a house or an apartment) should determine where they will quarantine (if exposed) and isolate (if testing positive) to separate themselves from others. Review the CDC guidelines on living in a shared space with someone who is sick at [cdc.gov/coronavirus/2019-ncov/daily-life-coping/living-in-close-quarters.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/living-in-close-quarters.html).

- Stay in your own room if possible
- If you have to share a bedroom with someone who is sick, open the window to bring in fresh air if possible, maintain at least six feet between beds, sleep head to toe, put a curtain around or other physical divider (e.g., shower curtain, room screen divider, large cardboard poster board, quilt, or large bedspread) to separate the ill person's bed.
- Those who are sick should not help prepare food. They should also eat separately.
- Use your own bathroom, if possible.
- If you have to share a bathroom, have the person who is sick clean and disinfect it after each use. Open windows if possible.
- Clean frequently used surfaces regularly with disinfecting cleaning products.
- Do not share eating utensils, dishes and drinking glasses.
- Use gloves when disposing trash.
- Separate laundry if sharing a washer and dryer.

CLASSES, FOOD, AND OTHER SUPPORT

Students should be in regular contact with their professors, as always, and should notify them in the event that they are unable to complete their course work as planned. The instructor will work with the student to provide alternative ways to complete the work.

Several Madison-area grocery stores and meal delivery services deliver to off campus housing.

If a student needs additional support while in isolation or quarantine, they can contact the [Dean of Students Office](mailto:doso.students.wisc.edu) (doso.students.wisc.edu) at 608-263-5700. The Dean of Students Office can help students navigate to supportive campus and community resources for personal, academic and health related issues.

UHS

Medical	608-265-5600 (option 1)
Mental Health Services	608-265-5600 (option 2)
24/7 Mental Health Crisis	608-265-5600 (option 9)
COVID Health Line	608-265-5600 (option 8) <i>for health symptoms only</i>

Frequently Asked Questions

Why isn't everyone wearing a face covering or keeping physical distance?

UW-Madison is trying to prevent the spread of COVID-19. All students, employees, faculty and staff are expected to follow strict health and safety policies. This includes following physical distancing of six feet apart and wearing face coverings when indoors and when it is not possible to maintain proper physical

distancing when outdoors. All students are expected to complete an online Smart Restart – Stay Healthy training and sign the Badger Pledge. UW-Madison has a mechanism to report someone who may not be following these protocols (go.wisc.edu/publichealthconcern). In addition, there are potential disciplinary actions that could occur for intentional and/or repeated violations. Please note that some students or employees may have an accommodation not to wear a face covering due to disability or medical reasons.

Why are off-campus students not required to get tested?

As part of their contract when they sign up to live in University Housing, students and employees are required to be tested regularly. However, anyone part of UW-Madison can get tested at UHS testing locations.

What support for quarantine housing is the campus providing for off-campus students?

UW-Madison is unable to provide quarantine housing for off-campus students. Information from the CDC is available on what to do if you must quarantine or isolate. If a student needs additional support while in isolation or quarantine, they can contact the [Dean of Students Office](https://doso.students.wisc.edu) (doso.students.wisc.edu) at 608-263-5700. The Dean of Students Office can help students navigate to supportive campus and community resources for personal, academic and health related issues.

If students have been in contact with a positive case, what is process for quarantine?

Quarantine is used to keep someone who may have been exposed to COVID-19 away from others and to see if they start to have symptoms. Students who are advised to quarantine should stay home, separate themselves from others, and monitor their health. They should contact their instructors to advise them of the situation.

What to do if a roommate tests positive for COVID-19?

The roommate should isolate or separate from their roommates. As a household contact, you also must quarantine (stay at home) [for at least 14 days](https://publichealthmdc.com/coronavirus/what-to-do-if-you-are-sick-or-possibly-exposed#exposed) (publichealthmdc.com/coronavirus/what-to-do-if-you-are-sick-or-possibly-exposed#exposed). Both you and your roommate should stay home, separate yourselves from others, monitor your health and seek medical care when necessary. You should also notify your instructors.