

You have recently tested positive for COVID 19.

In most cases, individuals will be asked to isolate in their assigned housing. WSU Pullman will not be providing separate isolation spaces for residents who test positive except in rare situations. Those situations will be determined by [WSU's Environmental Health and Safety \(EHS\)](#) in accordance with guidance from the [Washington State Department of Health](#) (WA DOH). Students are permitted to isolate off-campus; however, the University will not reimburse costs for a student to relocate while isolating.

While you are isolating in your residence hall:

- Wear a tight-fitting mask anytime you are outside your room or around others, including your roommate.
- Wear a mask when you are using shared restrooms in your residence hall and try to avoid showering or taking your mask off in the restroom when others are present.
- Wash your hands often.
- Getting Food:
 - Have food delivered or dropped off by a friend if possible. Please ensure the [Send A Friend form](#) is completed so this process happens smoothly.
 - If you need to pick up carry-out food, wear a tight-fitting mask, limit time in the dining facility, and avoid busy mealtimes.
- Do not go to class. Notify your faculty/instructors as outlined in your class syllabi. You do not need to get a "sick note" from the medical clinic to confirm that you have COVID.

Duration of Isolation

You must isolate for at least five days, regardless of vaccination status. If you don't have symptoms (asymptomatic) those five days start from when you had a positive test. If you do have symptoms, the five days starts from when symptoms started. You may need to isolate for more than five days if instructed by a healthcare provider.

If you have no symptoms or your symptoms are resolving after isolating for a full five days (and you are fever free for at least 24 hours), you can leave isolation. You must continue to wear a tight-fitting mask when around others for an [additional](#) five days.

Support and Contact Information

If you have questions regarding support or need general assistance while you are isolating, call 509-335-1227.

If you have **medical questions, need to make an appointment, or need to speak with a nurse or a medical provider**, contact Cougar Health Services 509-335-3575 or through cougarhealth.wsu.edu . Call 911 in case of an emergency.

If you have general COVID questions, including questions about university COVID policies, contact WSU Environmental Health and Safety 509-335-3041. More information at <https://ehs.wsu.edu/public-health/contact-tracing/>