



**HEALTH INFORMATION**

*for students*



**WISCONSIN**  
UNIVERSITY OF WISCONSIN-MADISON



*Your health  
and well-being  
are our priority.*



## **RESOURCES**

*[smartrestart.wisc.edu](https://smartrestart.wisc.edu)*

*[students.wisc.edu](https://students.wisc.edu)*

*[uhs.wisc.edu](https://uhs.wisc.edu)*

*[cdc.gov](https://cdc.gov)*

## **WELCOME TO UW-MADISON**

We're excited for you to join our campus community this fall! Your health and well-being contribute to your academic and personal success. We're here to support you so that you can thrive during your time at UW-Madison.

# CARE AND SUPPORT

**UNIVERSITY HEALTH SERVICES (UHS)** is the UW–Madison student health center. UHS is an integrated health center with medical and counseling services, and prevention programs under one roof. UHS has two campus locations to serve students. All services are confidential, and most are available at no cost.

Schedule appointments online at **myuhs.uhs.wisc.edu**  
or by phone at **608-265-5600**

## Remote Health

Many medical, counseling, and wellness services are available by phone and accessible online.

[uhs.wisc.edu/remotehealth](https://uhs.wisc.edu/remotehealth)

## Medical

Primary and specialty care, STI testing, HRT, smoking and vaping cessation, and contraception. Flu shots and COVID-19 testing are also available.

[uhs.wisc.edu/medical](https://uhs.wisc.edu/medical)

## Mental Health

Individual, couple/partner, group counseling, crisis services, care management, outreach programs, and Survivor Services. SilverCloud and YOU@Wisc are no-cost self-guided online resources available to students 24/7.

[uhs.wisc.edu/mental-health](https://uhs.wisc.edu/mental-health)

## Crisis & after hours support

24/7 mental health crisis

**608-265-5600 (option 9)**

24/7 after hours medical nurse advice

**608-265-5600 (option 1)**

*In addition to UHS, there are other campus offices that provide health, wellness, and support services to students.*



## DEAN OF STUDENTS OFFICE

Connecting students who are navigating personal, academic, or health issues, to supportive campus and community resources. The Dean of Students Office also serves as a central location for reporting issues of hate and bias, sexual assault, and hazing. All reports are taken seriously and information will be provided to the proper office for review and investigation.

*[doso.students.wisc.edu](https://doso.students.wisc.edu) | 608-263-5700*

## UNIVERSITY RECREATION AND WELLBEING (*Rec Well*)

Individual and group fitness options, personal training, intramural sports, and wellness programs including massage therapy.

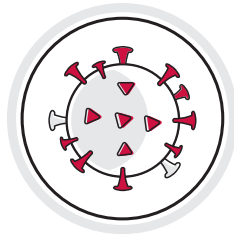
*[recwell.wisc.edu](https://recwell.wisc.edu) | 608-262-3742*

## CONFRONTING BIAS AND RACISM

COVID-19 has brought a great deal of uncertainty to our lives, along with potential for misinformation that can be harmful or destructive to our campus community. Racist behaviors or stereotyping of any kind are in direct conflict with the pillars of the Wisconsin Experience at UW–Madison. As Badgers, we commit to creating an inclusive environment no matter if we are online, passing others in public, or quarantined at home. This includes educating yourself to intervene on discriminatory behaviors no matter where they occur.

This is a rapidly evolving situation, students should expect changes throughout the semester. For the latest information, go to *[smartrestart.wisc.edu](https://smartrestart.wisc.edu)*.

# COVID-19 INFORMATION



**COVID-19 affects all of us and, together, there are steps we can take to stay healthy and help limit the spread of illness.**

## SYMPTOMS

People with these symptoms, or combinations of symptoms, may have COVID-19:

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

*\*This is not a complete list. Other symptoms are known to be associated with COVID-19.*

Track your health and symptoms daily at no cost with the  
UW–Madison COVID-19 symptom tracker.  
Go to **[healthscreen.wisc.edu](https://healthscreen.wisc.edu)** and start tracking today!

**CREATE A PLAN** in case you or a close contact tests positive for COVID-19. Share your plan with family, roommates, and friends. Here are some prompts to get you started.

► **Emergency contacts**

Create an emergency contact list of family, friends, health care providers, instructors, and employers to get in touch with if you become ill, or cannot complete your coursework.

► **Preferred Health Care Provider**

Know how to contact your preferred health care provider. You do not need insurance to access UHS, but it's a good idea to carry your insurance card with if you have SHIP or private insurance.

► **Quarantine location**

Determine where you will quarantine to separate yourself from others should you or a roommate be *exposed* to COVID-19.

► **Isolation location**

Determine where you will self-isolate to separate yourself from others should you *test positive* for COVID-19. Stay in a specific room or area and use a separate bathroom (if available).

*Students living on campus*

On-campus isolation and quarantine space is available for UW Housing residents if self-isolation on campus or at their permanent residence is not feasible (or poses a higher risk).

*Students living off campus*

Determine where you will self-isolate or self-quarantine. UHS will contact you. If you stay in your residence, review CDC guidelines on living with someone who is sick.

► **Name(s) of those who can help**

Determine how you will get food and other supplies. Contact the Dean of Students Office if you need support.



## Testing

On-campus, drop-in testing centers are available. Visits are by appointment with MyUHS, unlimited, and free of charge. Students who live in residence halls are required to be tested every two weeks. Results will be available in MyUHS with recommendations, followed by phone calls from UHS.

### ON CAMPUS

#### *Residence hall students only*

##### **Ogg Hall and Lakeshore**

*UW Housing will notify you of the dates and times when you should be tested.*

#### *Students/Employees*

##### **Henry Mall**

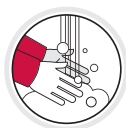
*8:30 am – 4:30 pm*

**OFF CAMPUS** [publichealthmdc.com/coronavirus/testing](https://publichealthmdc.com/coronavirus/testing)



## Face coverings

Face coverings are required in all university buildings and public spaces where physical distancing is not possible. Your safety kit contains face coverings. Students with a disability or medical condition may apply to request an accommodation.



## Handwashing

Cough into your elbow and wash your hands often with soap and water for at least 20 seconds or use a hand sanitizer that contains at least 60% alcohol. Avoid touching your eyes, nose, and mouth with unwashed hands.



## Physical distancing

Physical distancing, or remaining at least six feet apart, is expected in all classrooms and where possible in public spaces and in workspaces.



## Badger Pledge for Students

Students residing or taking classes on campus are asked to commit to a set of behaviors that protects their health and the health of others on campus. [smartrestart.wisc.edu/badgerpledge](https://smartrestart.wisc.edu/badgerpledge)