

COVID Policy and Procedures

University Housing

Western Oregon University

(updated September 2022)

From the beginning of the pandemic, University Housing has tailored COVID-19 mitigation efforts to the on-campus housing environment, including mask wearing, physical distancing, enhanced cleaning and isolation/quarantine protocols, to provide a safe and healthy community living environment.

University Housing COVID Policy and Protocols

Due to the evolving nature of the pandemic situation, information, policies and procedures contained on this page are subject to change pending new guidance and recommendations from the CDC, Oregon Health Authority, and Polk County Health. Student and employee health and safety will always be our number one focus.

For up-to-date information visit the University's [COVID Website](#).

COVID Symptoms or Positive Tests

If you are a student who believes you have [Symptoms related to COVID-19](#), please call the Student Health and Counseling Center (SHCC) at 503-838-8313. The SHCC will assist with determining if you need to take a COVID test or isolate.

Students who test positive for COVID-19 must self-isolate for 5 days.

Isolation is required for on-campus students who have tested positive for COVID-19 and are unable to leave campus. Isolation is the separation of someone who is ill with or has tested positive for COVID-19 from people who are not sick. Individuals who test positive for COVID-19 typically isolate for at least 5 days (the duration of the infective period) from the time symptoms first appear or, in the case of an individual who has a positive test but has not had any symptoms, 5 days from the date that they were tested. Isolation may be required for longer periods depending on the course of symptoms. The SHCC will provide guidance on the isolation period.

University Housing Required Isolation

Not all University Housing residential rooms are appropriate for self-isolation. In those situations where a resident is recommended to self-isolate, residents may not be permitted to continue residing in their residential space during the isolation period. Unless a student chooses to move home or off campus during the isolation period, students living in Ackerman, Heritage, and Landers halls will be required to move to WOU's Isolation Residence Hall.

WOU-required isolation involves assignment to a self-contained residence hall room (including an individual bathroom) due to a positive COVID-19 diagnosis. The room will be equipped with cleaning supplies for their restroom and living space, bed linens, and a list of guidance and resources while in isolation.

While self-isolating in the designated WOU Isolation space, a student can order meals through Valsetz Dining Hall's Nutrislice program and have the meals delivered to their door. Students who self-isolate in Family Housing apartments, Arbor Park, at home, or off campus are not eligible for COVID meal delivery.

On-going Care of Students in Required Isolation Who Do Not Require Hospitalization

For students living on campus:

- If a positive case is reported to the SHCC, the SHCC will communicate with University Housing that a student has been diagnosed as a positive COVID-19 case and the student will be assigned a room for isolation.
- Students are encouraged to follow the same CDC guidelines as noted above.
- Students may not have visitors and may not leave their room except to receive medical care. However, if a student would like to be outside for fresh air, they may only be outside of buildings wearing a mask and practicing physical distancing of 6 or more feet.
- If a student is having a medical emergency, they should call Campus Public Safety (503-838-9000) or 911 **immediately**. Students should let dispatch know they are in isolation for exposure to COVID-19. For non-emergency medical concerns, students should call the SHCC.
- Students will remain in the temporary isolation space for five days. Upon completion of the five day isolation, if the student's symptoms are improving, they must contact University Housing to arrange for departure from their temporary isolation space. Contact Housing at housing@wou.edu or call 503-838-8311.
- Sheets, pillow, blankets, and towels will be placed in isolation spaces prior to a student's arrival by Residential Custodial Services.
- Students must order meals using the Campus Dining online system (Nutrislice). Campus Dining will prepare food and beverages which will be left outside of the door to the room. For special dietary needs, please call Campus Dining at 503-838-9265.
- Students will be required to wear a face covering when accessing services and/or testing at the SHCC.
- Tissues, cleaning and sanitizing solution, hand soap, toilet paper, and paper towels will be available in isolation spaces.

- Once an isolation room is vacated, the room will be fully cleaned using best-practice cleaning protocols related to COVID-19.

Go Kit

It is important to note that if you are asked to isolate, you will not be able to leave your isolation space for five days. It is recommended that all students assemble a “Go Kit” to have available should you need it. Once you are asked to isolate, you will take your Go Kit with you to your isolation space.

The university is providing some items in all isolation rooms including:

- Linens (2 sheets, pillow, pillowcase, 2 blankets, 2 towels, washcloth)
- Paper products (toilet paper, paper towels and tissues)
- Cleaning supplies. Students should use the cleaning supplies regularly during their stay in isolation, including in bedrooms, common areas and bathrooms.
- Change of linens/towels or the need for a refill of cleaning supplies or paper products can be requested by contacting the RSC at 503-838-8363.

Supplies you may want to include in your Go Kit:

- **Academic Materials:** All class materials, including academic books, notebooks, laptop and other necessary supplies.
- **Personal Medications:** Prescribed medications you need for at least 10 days (the duration of the infective period).
- **Hygiene Supplies:** Shampoo, soap, toothbrush, toothpaste, feminine products, etc.
- **Technology Supplies:** Phone charger, laptop charger and a back-up battery.
- **Comfort Food:** Consider packing your favorite comfort snacks and drinks as well as a reusable water bottle. The university will be providing bagged/pre-prepared meals for you throughout your stay, but you may wish to bring along your own favorite snacks.
- **Self-Care Items to support your well-being:** Art supplies, puzzles, crafts, books

Caring for your Physical well-being:

- If moving to an alternate residence, take items needed for a minimum of 5 days, including clothing, personal hygiene items, cleaning products, medication, academic work, etc.
- Monitor yourself for any **potential symptoms** of the virus (i.e, coughing, fever, chills or muscle aches, shortness of breath) and if available to you, check your temperature in the morning and evening. Be prepared to report any symptoms to the Student Health and Counseling Center at 503-838-8313.
- Contact the Student Health and Counseling Center if symptoms worsen or call 9-1-1 in a medical emergency

- Eat regular, healthy meals
- Get at least 8 hours of sleep
- Avoid alcohol, recreational drugs, smoking, and vaping.

Caring for your Mental well-being:

- Find a way to keep active, even if it's in your room.
- Open your windows and get fresh air when you can.
- Stay in contact with friends and family via phone, Facetime, Skype, etc.
- If additional support is needed, contact [the Counseling Center](#).

Caring for your Academic well-being:

- Contact faculty to say you are unable to attend your in-person classes if you are taking hybrid or in-person classes. Ask for remote access and assignments. If you need further assistance, contact [Student Success and Advising](#).
- If applicable, contact your employer/supervisor and inform them you will be unable to report to work until cleared to return.
- Take advantage of additional virtual resources, such as office hours, the Student Success and Advising Office.
- If your physical health prevents you from completing your academics, please work with [Student Health and Counseling Center](#) and [Student Success and Advising](#) to notify faculty and create a plan for completion when your health is stronger.

Release from Isolation

We will follow the [CDC's recommendations](#) regarding a release from isolation:

- Isolation and precautions may be discontinued 5 days after symptom onset as long as the patient has no fever for at least 24 hours, without the use of fever-reducing medications, and with improvement of other symptoms.
 - A limited number of people with severe illness may continue symptoms beyond the 5 day minimum that may warrant extending duration of isolation for up to 20 days after symptom onset.
- For those who never develop symptoms, isolation and other precautions can be discontinued 5 days after the date of their first positive test.

Online Resources

- [WOU COVID website](#)

- [Student Health and Counseling Center](#)
- [Oregon Health Authority](#)
- [CDC Guidance for What to Do If You Are Sick](#)
- [CDC Guidance for When to Quarantine](#)