

# THE UNIVERSITY *of* MONTANA WESTERN

## COVID-19 GUIDELINES

### Quarantine

If you were exposed:

[Quarantine](#) and stay away from others when you have been in [close contact](#) with someone who has COVID-19.

### Isolate

If you are sick or test positive:

[Isolate](#) when you are sick or when you have COVID-19, even if you don't have symptoms.

For CDC guidelines please visit: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

The University of Montana Western no longer offers isolation housing for students. It is recommended that students limit their exposure to others by staying in their residence hall room for the recommended period of time. If a student is able to travel home or isolate off-campus, it is recommended they do so.

Tips to prevent the spread of COVID-19 while you're isolating in the residence halls:

- Wear a mask.
- Avoid face to face interactions.
- Wash your hands often.
- Avoid common areas.
- Have your meals dropped off at your door.

