Self-Isolation
Students who have tested positive for COVID-19 are required to self-isolate until cleared to return to classes and their permanent housing assignment by the University’s contact tracing team. Questions about self-isolating can be directed to your contact tracer or you may call the Office of Student Affairs at (940) 397-7500.

To protect the University community, students who are self-isolating on campus must remain in the designated isolation area for the duration of their self-quarantine time and follow the guidelines below. Failure to do so may result in immediate removal from campus housing. Please note that guests are not permitted in self-isolation areas.

Academic Success
By submitting the COVID-19 Self Reporting Form for Students, your quarantine status and subsequent classroom absence will be formally communicated with your faculty through the Office of Student Rights & Responsibilities. After you have received a copy of your absence notification letters (generally received within one business day), please email your faculty to inquire about remote options for lectures, provided you are well enough to participate in class. Remember to include your full name and M-number in your message along with the course and section number of the class you are enrolled in.

Additionally, academic support resources are available virtually through the Tutoring & Academic Support Programs Office. TASP may assist with tutoring services and will coordinate virtual tutoring for those students required to quarantine.

For more information and to request assistance, please refer to TASP’s tutoring web page at https://msutexas.edu/academics/tasp/on-campus.php.

Students looking for other assistance (e.g. help navigating campus platforms such as D2L, questions about how to request help, etc.) may also request assistance through an Academic Peer Educator. To do so, please email the Office of Residence Life & Housing at housing@msutexas.edu.

Medical & Counseling Resources
In an effort to minimize viral spread on campus, students are discouraged from in-person visits to the Vinson Health Center. Please call the office at (940) 397-4231 during regular office hours for questions or concerns. Students experiencing severe shortness of breath or a fever in excess of 102 degrees should proceed to a local emergency room. It is advised to contact the ER prior to arrival. If safe to do so, consider contacting your Resident Assistant to communicate that you are at the hospital. Our goal is to provide support for you and your family as needed.

We also recognize the stress self-isolation can potentially create for students. Free online counseling services are available through "Therapy Assistance Online (TAO)." To sign up, visit thepath.taoconnect.org. You will need your university email to access. Additionally, the MSU Counseling Center offers teleconference therapy. Call (940) 397-4618 to request a session.
**Meals**

Students with a meal plan may order meals from Campus Dining. Orders can be placed at https://tiny.cc/COVIDMeals. When ordering, please indicate food allergies or restrictions. You may also indicate any meals you do not wish to receive (e.g. breakfast, lunch or dinner).

Meal deliveries will be made for the dinner hour. Students will receive a hot dinner along with breakfast and lunch for the following day to be refrigerated in your room.

Meals will be delivered and left outside of the exterior apartment door. You will be notified by a light knock and notice slipped under the door. Please wear a face covering when retrieving your meals. Any problems with meal delivery should be reported as soon as possible by calling (940) 397-6600.

Students without a meal plan may purchase a commuter block of meals and utilize Campus Dining. Please contact the Office of Residence Life & Housing at (940) 397-4217 to discuss the option best for you.

Groceries may also be delivered via delivery service or a friend. Local stores offering delivery include Market Street, Walmart, and Aldi. Instacart also serves the Wichita Falls area. Orders may be delivered to the Legacy Commons front desk at 3705 Louis J. Rodriguez Drive. Items will then be delivered to your doorstep by a member of the Residence Life & Housing staff.

**Trash Removal**

To dispose of room trash, please tie your trash can liner shut and leave outside of the apartment door between 4:00 p.m. and 4:30 p.m. A member of our team will be by to take items to the nearest dumpster.

For the safety of our team and to avoid problems with insects and other pests, please ensure bags are secured tightly and completely.

**Packages & Deliveries**

Residence Life & Housing staff may also assist with package and mail delivery. If you are expecting something that cannot be left in your mailbox until the end of your self-isolation period, please notify a member of our team via email at housing@msutexas.edu. We will work with the MSU Post Office to receive and deliver those items to you.

**Additional Thoughts**

Residence Life & Housing Staff are available to assist with questions or other needs. On-call staff are available 24 hours a day, seven days a week. Reach us at (940) 397-4217 during normal University business hours. Outside of regular business hours, please call the Legacy Commons front desk at (940) 397-6600 and ask to speak with the full-time staff member who is on-call.

Lastly, but perhaps most importantly, please remember to keep your family, friends, and loved ones updated!