



As a reminder, **If you feel sick, stay home.** People with COVID-19 have a range of symptoms, from little to no symptoms to causing severe illness. If you or your household member seek out testing, stay home, keep siblings home and wait for your test results. When test results arrive, they can be sent to the confidential WS Nurses email: [wsnurses@wsalem.k12.wi.us](mailto:wsnurses@wsalem.k12.wi.us).

#### Testing

- If you are experiencing symptoms that are consistent with COVID-19 OR you have had a known close contact with someone who has tested positive for COVID-19, please seek out your healthcare provider, or call the COVID-19 Nurse Line or complete the MyChart COVID-19 Screening at your local health system to see if you should be tested. The Wisconsin Department of Health Services and the CDC recommend that anyone who is experiencing symptoms consistent with COVID-19 or has had close contact with someone with COVID-19 be tested.
- The test for COVID-19 involves a quick swab of the inside of the nose.

When testing at our local health systems, be sure to **CALL FIRST.**

- [Gundersen Nurse Line](#): 608-775-4454
- [Mayo Nurse Line](#): 507-293-9525
- If you have a MyChart Account, log in, complete covid screening, and schedule your appointment.
- Results at these facilities come back in as little as a few hours to 24-48 hours.
- **Going to Gundersen or Mayo to their drive thru testing sites may be the quickest way for your child to receive results.**

[Free/Drive-up National Guard Testing Site](#) (click on the link for further information on other National Guard Testing Sites in our area)

- **Testing time will be completed in 3-5 days for everyone being tested at this site.**
- Please pre-register for this event: <https://register.covidconnect.wi.gov/> Drive Up Event

[University of Wisconsin La Crosse Surge Testing](#) - Free, no cost, no symptoms necessary

- **PLEASE NOTE: If your student has symptoms and utilizes the UWL testing location and receives a negative antigen test, you will need to follow-up and get a PCR test in order for students and siblings to return to school. PCR Test results may take 2-3 days.**
- Free testing for COVID-19 is now available to anyone in the La Crosse area at Cartwright Center on the UW-La Crosse campus. The University of Wisconsin System, in partnership with the federal government, is offering this new testing option to help identify silent spreaders of COVID-19 in the community.
- For more information: [uwlax.edu/info/covid-19/testing/](http://uwlax.edu/info/covid-19/testing/)

[At-Home COVID-19 Testing Option](#) - Free, no cost, no symptoms necessary

WI DHS Offers a free, no cost, at-home COVID-19 Testing Option. Results will take 2-3 days. At-home COVID-19 saliva collection kits will be available to everyone who lives in Wisconsin, with or without symptoms, at no cost. Wisconsinites can order the at home kit at this link: [At-Home COVID-19 Testing Kit Information](#)

**Please Note:** According to CDC, if a student or staff has recovered from laboratory-confirmed COVID-19 infection and is within 90 days following the initial lab-confirmed positive infection. The student or staff may be exempt from quarantine during those 90 days. A laboratory-confirmed positive test must be a positive PCR test or a positive Antigen test with symptoms. The test results must be verified.

#### And as always:

- Wear a Mask
- Watch your Distance
- Wash your hands frequently and avoid touching your face. Use hand sanitizer if a sink is not available.
- If you have any symptoms consistent with COVID-19, stay home.

#### Test Results:

Please send test results to the West Salem Health Services Email: [wsnurses@wsalem.k12.wi.us](mailto:wsnurses@wsalem.k12.wi.us)

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