If you have recently tested positive for COVID-19 or have been informed that you need to quarantine after a recent exposure to someone who has tested positive for the virus.

Ambassadors are trained individuals within colleges and departments at Oregon State who can walk you through a series of questions to identify resources and offer support based upon your personal and academic needs.

All colleges and several departments have assigned ambassadors to help. Go to beav.es/covid-care for a complete list of ambassadors and their contact information.

An ambassador will help you come up with a plan for any housing and food needs, managing academic expectations, connecting to health and mental health care, advocacy services, financial support, and much more.