

Isolation - in - Place

Guidance for COVID-19 positive individuals and well roommates(s)

Students who test positive for COVID-19 are encouraged to isolate off-campus, however, there are times when the only available option is for a student with COVID-19 to isolate in the same room as their healthy roommate. **It's important to remember that students living in the residence halls who become sick with many different contagious illness usually remain in shared rooms/suites with their roommates while recovering.**



Both Roommates

- Wear a well-fitting mask when you are in the room together.
- Clean and disinfect frequently touched surfaces and objects daily (e.g., tables, countertops, light switches, doorknobs, faucet and cabinet handles, smartphones, laptops, remote controls, etc.).
- If you share a bathroom, remember that sinks could be an infection source. Totes or caddies can be used for personal items so they don't touch the bathroom countertop; bring your tote back to your personal space rather than leaving it in a shared bathroom.
- Each person should use their own hand or face towels.
- If you share a sleeping space, arrange beds so that you have as much space between beds as possible. Consider sleeping facing away from one another; even sleeping in opposite directions (head to toe) could create extra distance.
- If sharing food or drinks, use separate serving dishes or cups (e.g., rather than sticking your hand into a bag of chips, pour an individual portion into a bowl).
- If you come in contact with shared surfaces or items, wash your hands thoroughly afterwards.
- Do not invite any guests to your room until the isolation period has ended.
- Perform frequent hand hygiene

Roommate with Covid-19



- If a single bathroom is available on your floor, choose that option over a shared bathroom. Be sure to wear your mask if you have to access any common spaces like a hallway.
- You may leave your room only to obtain food, medication, or medical care. Wear a well-fitting mask and return to your room after the task is complete.
- Do not dine in a public place; return to your room to eat.
- Perform frequent hand hygiene



Well Roommate

- You may still go to class and all activities.
- Minimize time spent in your room -- take advantage of this time to discover a new favorite study or hangout spot on campus.
- Perform frequent hand hygiene
- Wear a mask around others and take precautions until 10 days after your roommate's isolation ends.
- Test often using a self-test kit. The best time to test is 5 days after your initial exposure, but with continued exposure, you will want to be sure to test again 5 days after your roommate is no longer infectious.