

# RECOMMENDATIONS FOR COVID-19 + INDIVIDUALS AND ROOMMATE(S)

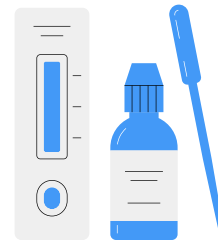


**STUDENTS WHO TEST POSITIVE FOR COVID-19 ARE ENCOURAGED TO ISOLATE OFF-CAMPUS, HOWEVER, THERE ARE TIMES WHEN THE ONLY AVAILABLE OPTION IS FOR A STUDENT WITH COVID-19 TO ISOLATE IN THE SAME ROOM AS THEIR HEALTHY ROOMMATE.**

Here are some tips to help you navigate isolation-in-place in your shared living space

## 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.
- Test after 5 days after exposure



## 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.
- Wear a mask around others and take precautions until 10 days after your roommate's isolation ends.
- Check in with roommate to see if they need anything.
- Test often using a self-test kit.
- Test after 5 days!! When you have been exposed.
- Aggie Health & Wellness Center has a pharmacy for all your basic needs, over the counter.

# Both Roommates:



- Mask with a high-quality mask when you are in the room together.
- Use ventilating fans to increase air circulation in the room. Air purifiers may also be used.
- 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).
- Wash your hands often! Sing "Happy Birthday 1x" for adequate time!
- Do not invite any guests to your room until the isolation period has ended.

## RESOURCES



If you are a well roommate of a student who has **tested positive for COVID-19** and you have a condition that puts you at high risk for severe illness, please contact:

Aggie Health & Wellness Center, (575) 646-1512  
[campus\\_health.edu](https://campus_health.edu)

to discuss therapeutic interventions that may be available to you.



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Office of Health Promotion

