

# COVID-19 Isolation-in-Place

## Quick tips for COVID-19 positive individuals and their 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 roommate(s). **Remember, students living in the residence halls who become sick with lots of different contagious illnesses typically remain in shared rooms/suites with their roommates while recovering.**

### Every Roommate

- Wear high-quality masks when you are in the room together.
- Use fans, air purifiers, or open up a window to increase air circulation and ventilation in the room.
- Clean and disinfect frequently touched surfaces and objects daily (including tables, countertops, light switches, doorknobs, faucet and cabinet handles, smartphones, laptops, etc.).
- Use your own hand, face, and body towels.
- Wash your hands thoroughly after you come in contact with shared surfaces or items.
- Do not share any food or drink until the isolation period has ended.
- If you share a sleeping space, arrange beds so that you have as much space between beds as possible.
- Use your bathroom tote or caddy to avoid personal items touching the bathroom countertop. Bring your tote back to your personal space rather than leaving it in a shared bathroom.
- Do not invite any guests to your room until the isolation period has ended.

### 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.
- Order takeout, get grocery delivery, or visit the [University Housing website for food pickup and delivery options](#).
- Contact the 24/7 UHS Nurse Triage Line at 608-265-5600 for additional guidance on treating your symptoms - especially if you are immunocompromised.
- Follow [CDC recommendations for preventing the spread of illness](#).

### Roommate(s) without COVID-19

- You may still go to class and all activities.
- Minimize time spent in your room by studying and socializing elsewhere.
- Wear a mask around others and take precautions until 10 days after your roommate's isolation ends.
- Follow [CDC recommendations if you develop symptoms](#).
- Test often using an at-home antigen 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.

If your roommate tested positive for COVID-19 and you have a condition that puts you at high risk for severe illness, please contact University Health Services at 608-265-5600 to discuss care and treatment options.

