

Isolation-in Place

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

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

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

Both Roommates: 😞 😊

- Both mask with a high-quality mask when you are in the room together.
- Clean and disinfect frequently touched surfaces and objects daily. (counter tops, door knobs, cabinet handles, faucets, remotes)
- If you share a bathroom, sinks can be an infection source, so use a tote or caddy to carry your personal items so they do not lay on the sink, take it back to your room rather than leaving it in the bathroom.
- Each person should use their own hand and face towels.
- If sharing food, use separate serving dishes or cups. Rather than sticking your hand into a bag of chips, pour some into a bowl.
- If you do come into contact with shared items, wash your hands thoroughly afterwards.
- Do not invite guests into your room until the isolation period has ended.

Roommate with COVID-19: 😞

- Wear your mask when around your well roommate.
- Isolate and avoid close contact with others for 5 full days, the day of symptom onset being day 0.
- You may go to the dining hall to get your meals but wear your mask at all times and bring your meal back to your room to eat.
- Do not go to class or activities until after your 5th day of isolation. You should be fever free and feel better.
- You should wear a mask when around others for an additional 5 days after isolating.

Well Roommate: 😊

- You can 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 for 10 days after your roommate's isolation ends
- Get tested 5 days after the initial exposure, but with continued exposure to your sick roommate, test again 5 days after your roommate is no longer infectious.
- If you develop symptoms, get tested and if positive, isolate for 5 days from your positive test.

If you are a well roommate of a student who has tested positive for COVID-19 and you have a health condition that puts you at high risk for severe illness, please contact Health Service 724-357-2550 or if after hours or weekends call the Housing Office 724-357-2696 for accommodation arrangements.

Students that need academic support due to COVID-19 isolation can contact their Navigator. (Your navigator is listed on your MyIUP account)

Non emergent questions or concerns related to COVID-19 can be directed to health-inquiry@iup.edu or call 724-357-2550 during regular business hours.

For emergent concerns related to COVID-19 call 911 for 24-hour medical care.