**Isolation-in-Place**

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

Students who test positive for COVID-19 are encouraged to isolate away from others, however we understand that this is not always possible. Sometimes, a student with COVID-19 must 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.**

### Both Roommates

- Wear 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, etc.).
- If you share a bathroom, we encourage the use of totes or caddies so personal items 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 do 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.

### 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.
- Follow CDC guidance for ending isolation. This information can be found on the SHAC website.
- Determine your plan for obtaining meals - you should NOT go to the dining hall but may send a friend to pick up a tray for you.
- Reach out to SHAC at 507-222-4080 if you need additional guidance regarding treatment of your symptoms.

### 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.
- 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. Tests are available for free at SHAC, DOSO, and security.
- Follow guidance on the SHAC website if you develop symptoms.

If you have a roommate with a condition that puts them at high risk for severe illness, please contact Maggie Prunty, CNP at mprunty@carleton.edu to inquire about Carleton’s limited quarantine spaces. Students who need academic support due to COVID-19 isolation should reach out directly to their professor or class dean.