UVA Department of Student Health and Wellness
during COVID-19

LIVING IN SHARED SPACES

IF YOU’RE IN I/Q + LIVE OFF GROUNDS
- Stay in your room for the duration of your isolation/quarantine and avoid contact with your roommates unless necessary. If possible, do not share a bathroom with others.
- Do not eat meals with others. This is a common way for COVID-19 to spread. Try to eat your meals in your room. Set up routine, virtual dates to enjoy your meals with friends.
- If you need to leave your room, wear a well-fitting mask or double-mask. Maintain at least 6 feet of distance from your roommates.
- Do not use public transportation (A cab is ok for transport to COVID-19 testing.) Do not ride in a car with others. If you must travel, wear a double mask and open windows.
- Monitor for symptoms. If any develop, call Student Health and Wellness at (434) 924-5362.

IF YOU’RE NOT IN I/Q + LIVE ON or OFF GROUNDS
- Talk with your roommate(s) and/or podmate(s), about expected, mutual COVID-19 precautions.
- Make sure you have several clean masks and hand sanitizer with at least 60% alcohol.
- Consider creating a tote or bag with your own hand towel, bath towel, all toiletries, and medications. Keep this bag/tote in your room and not in a shared space.
- Stock up on cleaning supplies. Clorox Disinfecting Wipes, Lysol Disinfecting Wipes, and Lysol Disinfectant Spray are good options—read this article for details and how to order.
- Try to use grocery and takeout delivery options.
- Keep up-to-date on the latest UVA and public health COVID-19 guidelines by visiting coronavirus.virginia.edu

KITCHEN/BATHROOM TIPS
- Do not share dishes, drinking glasses, cups, or eating utensils. Non-disposable items should be handled with gloves and washed with dish soap and hot water, or ideally, in a dishwasher.
- Clean all surfaces thoroughly (especially bathroom and kitchen countertops) before and after use.
- If sharing a bathroom, try not to share any items other than hand soap + cleaning products. Keep a tote with all your toiletries and towels in your room.
- Clean in shared areas frequently. Focus on commonly used surfaces, like doorknobs, light switches, countertops, and tabletops.
- When comfortable, open windows and turn on fans for fresh, circulating air.
- Eating with roommate(s) is ok, if no one in your living space is in isolation or quarantine.
- Wash or sanitize your hands before and after using the kitchen or the restroom.
- After cleaning, allow at least 10 minutes for disinfectant to take effect before next use.
- Eat nutritious meals and stay hydrated. The healthier your body is, the better it will be able to fight off any potential infection or illness.

For more details on I/Q, duration, testing, and resources, visit www.studenthealth.virginia.edu/quarantine-isolation

SOURCES + LEARN MORE