**CORONA COMPATIBILITY**

**ARE YOU AND YOUR FRIENDS READY FOR SHARED LIVING DURING COVID-19?**

**CLEANING & HYGIENE**

How often will we clean frequently touched surfaces (door knobs, fridge handles):

- At least once a day
- Multiple times a day
- Multiple times a week

Follow-up: Who will do the cleaning? How will we get supplies?

Which of the following will we do every time we come home from being somewhere else:

- Remove shoes
- Change clothes
- Share a joke
- Wash hands

Follow-up: Where will we keep our shoes and other items when we come in? Should we make a reminder for the door?

What things are off-limits for sharing? (Computer, Keyboard, bedding)

What things are okay to share? (Fridge, lamps)

- At least once a day
- Multiple times a day
- Multiple times a week

Follow-up: What’s been my best experience working together with someone to overcome a challenge?

The best time to talk about something important is:

- Morning
- Afternoon
- Evening
- When my friends aren’t around

Follow-up: What time, if any, is off limits for important conversations?

What’s my why? Reflect on why it’s important to reduce your risk. Discuss with each other.

**COMMUNICATION**

If we have something important to work out, I prefer:

- Catch me anytime
- Text a time to talk
- Regular meetings
- Other: __________

Follow-up: Have we been flexible with our plans?

When will our room’s “quiet hours” be?

Follow-up: How flexible will we be at this?

What are some alternative spaces we can explore for quiet study time?

**SICK ROOMMATES**

What will be included in your ‘go-bag’ if you need to be isolated or quarantined:

- Clothes
- Electronics
- Chargers
- Medicine
- Thermometer
- Other: __________

Follow-up: Where will this be stored if your roommate needs to gather and deliver these items?

What is the room-disinfecting procedure if a roommate gets sick:

- Wear a mask
- Open the windows
- Disinfect all surfaces

Check with Student Health and Wellness to see if you should get tested too.

**VIRTUAL CLASSES**

When I’m in an online class or meeting I need:

- Absolute silence
- Light background
- No headphones
- Music is okay
- Other: __________

Follow-up: When will our room’s “quiet hours” be?

When will we schedule meetings with each other. Discuss your environmental needs during those times.

What are some alternative spaces we can explore for quiet study time?

**GUESTS & SOCIALIZING**

Have a talk with your roommates to establish some ground rules.

- What will we commit to doing when interacting with others outside our home:
  - Wear masks
  - Keep physical distance
  - Meet people outside
  - Avoid crowded spaces

What outside spaces exist near our building where we can safely socialize or meet up with others who are outside our home?

Download COVIDWISE, the Virginia Department of Health’s free exposure notification app, to anonymously assist with contact tracing.

**WAYS TO APPROACH AWKWARD CONVERSATIONS**

Consider the ‘quiz’ separately and then comparing answers, or talking through the topics one at a time together.

- Create a safe, neutral, calm environment for an in-person conversation.
- Agree on a time to check in within the first 2 weeks of living together to see how things are going and if any changes need to be made.
- Figure out the ‘next steps’ if there is a disagreement.
- Try to understand where the other person is coming from (and why).

**WILL THE QUIZ WORK?**

Assume good intent

- Try to use non judgmental questions and phrases

A good place to start is with “I feel” statements

Consider their point of view

- Acknowledge the other person’s thoughts
- Paraphrase your response

Remember: no one can read your mind.

**WHAT IF WE MESS UP?**

- Consider their point of view

**REMEMBER “CAVS”**

- Call: (434) 924-5362
- After-Hours: (434) 297-4261

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- Public health guidelines might change. Be sure to check the latest UVA, Charlottesville city, and Albemarle county ordinances.

**PUBLIC HEALTH GUIDELINES**

- Download COVIDWISE, the Virginia Department of Health’s free exposure notification app, to anonymously assist with contact tracing.

- Check with Student Health and Wellness to see if you should get tested too.

- What are some alternative spaces we can explore for quiet study time?

- WHAT IF WE MESS UP?

- Assume good intent

- Try to use nonjudgmental questions and phrases

- A good place to start is with "I feel" statements

- REMEMBER "CAVS"

- Consider their point of view

- Acknowledge the other person’s thoughts

- Paraphrase your response

- Remember: no one can read your mind.

**REMEMBER THIS IS JUST A STARTING PLAN. AS CIRCUMSTANCES CHANGE, YOU MAY HAVE TO MAKE ADJUSTMENTS.**