

# COVID-19 ROOMMATE QUESTIONS

Talking with your roommate(s) early and often about how you will manage COVID-19 can help prevent problems and keep everyone in your household safer.

## SAFETY



- Do you always wear a mask in public?
- What are your hand-washing tendencies?
- What are your shopping habits?
  - Do you clean your groceries?
- How seriously do you take physical distancing?
- What additional precautions are you taking to help slow the spread of COVID-19?
- Have you or has anyone close to you recently been diagnosed with COVID-19?
- Are you in a vulnerable population outlined by the Centers for Disease Control and Prevention?
- Do you plan to get the vaccine when it's available?

## HABITS



- What are your study or work habits during this time?
  - Have you been working/studying remotely or in-person?
- How have you spent your time during the pandemic?
- As restaurants and bars start to reopen, what are your plans? Will you immediately visit these establishments, or take time before venturing out?
- How often do you plan on being home in our shared living space?
- How often do you visit or stay with family, significant others, or friends?
- Do you have plans to travel this year?

## ROOMMATES



- If at least one roommate deems it unsafe or is uncomfortable with having others over, are you willing to honor that?
- Are you willing to have a chore chart with extra cleaning during this time?
- If one of us has symptoms or tests positive for COVID, what is our mutually agreed-upon plan of action?
- If asked, are you willing to quarantine for your roommates' needs?

## MAKE AN AGREEMENT:

- Keep everyone in your household safe and comfortable.
- Prevent potential conflicts among roommates who may have different expectations or plans.

## HOW TO HAVE THE CONVERSATION:

- Schedule a roommate meeting to discuss everyone's expectations.
- Create a comfortable, open environment for all to share expectations for managing during the pandemic.
- Be willing to listen and hear where other people are coming from. Some in your household may not be comfortable with the same things you are comfortable with.
- Be willing to establish your own personal boundaries to keep yourself and others safe.
- Be prepared to negotiate.
- Try using "I statements" like this: "I feel \_\_\_\_\_ when \_\_\_\_\_. I need/want \_\_\_\_\_ in the future. I'm willing to \_\_\_\_\_."
  - "I'm really concerned about getting sick and getting my friends, roommates, co-workers, and other students sick. I need to know I can count on you all not to host parties at our house this semester. I'm willing to have you all be my quaranteam."
- Consider whether or not you have contact with others in a higher risk group. This could be parents, grandparents, etc.

## CURRENTLY, THE SAFEST PLANS WOULD INCLUDE THESE GUIDELINES:

- Do not allow visitors into your home.
- Frequently clean commonly used areas with disinfectant.
- Avoid sharing items such as utensils, food, and drinks.
- Practice good physical hygiene, including frequent handwashing with soap and water.
- Separate yourself from your housemates if you are sick or have been exposed to someone with COVID-19.
- Limit exposure to people outside of your household.
- Consider making your housemates your "quaranteam" or "COVID social bubble."
- Wear a mask and practice physical distancing when outside the home.
- If anyone in the household gets sick, roommates will need to begin quarantine after their last contact with that person.
- For more information: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/checklist-household-ready.html>.

## WHEN TO HAVE THE CONVERSATION:

As soon as possible! It's better to be proactive and create a plan now so that nobody is surprised later.