

# CONVOS ABOUT COVID

Managing expectations when it comes to living in a shared space during COVID can be difficult to navigate. However, proactive conversations can help to get you on the same page.

## WHERE TO START?

### Discuss boundaries and make a pact

- Your choices directly impact your roommates so it is critical to engage in open communication and make a pact to stay home.
- When discussing boundaries some examples include: Are you going to allow guests? Are you going to eat at restaurants? Are you planning on spending time with people who live outside of the home?

### Create contingency plans

- If someone in your household gets COVID, what are your steps moving forward?
- Where will quarantine occur/ policy on shared spaces?
- What does cleaning look like?
- What will happen if a member of the home can't make rent that month due to economic hardship?

### Continue to Communicate

- Know that constant and honest communication are important. Let those around you know as soon as possible if you have been exposed or have COVID to keep you and the community safe.



# WHAT DO I DO IF MY ROOMMATE OR I CONTRACT COVID?

## Stay home except to get medical care

- Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.

## Take care of yourself

- Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.

## Maintain access to shared spaces, but do not be in spaces at the same time as a sick roommate

- People who are sick should eat in their room, if possible.
- Do not share dishes, drinking glasses, cups, or eating utensils.
- Wear a mask when it is necessary to be in shared spaces.

## Work out a buddy system where you rely on each other for essential outings

- For groceries, medicine, or other essentials, create a system that if one member of the household tests positive, that other members help them get the things they need.

## Resources for continued education, planning, and discussion:

### Info for living in a shared space:

- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/shared-housing/index.html>

### Info in case you get sick:

- <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

### Stay up-to-date on UI info:

- [coronavirus.uiowa.edu](https://coronavirus.uiowa.edu)

