

LIVING IN THE DORMS FALL 2020

We can't wait for you to experience living on-campus, however, living with others during COVID-19 will look a little different. COVID-19 presents some unique challenges and considerations, and the safety advice can often be confusing. This document is here to help!

On-campus activities and dorm living presents potential risks which should be considered carefully. Housing will continue to provide residents with educational messaging and guidance for communal living, however it is ultimately your responsibility to abide by guidance and physical distancing recommendations within your dorm room or apartment. Please review and follow our [residential best practices](#).

We're all in this together! Staying healthy and considerate of others will help keep the dorms and campus open!



TIPS TO HELP YOU NAVIGATE STAYING HEALTHY WHILE SHARING YOUR LIVING SPACE.

— IN YOUR DORM-ROOM/WING —



- ▶ Guests and visitors are limited to common spaces and are not allowed inside your room. Residents are permitted to host up to two (2) other University of Arizona students as guests. Review our [Covid-19 Mitigation Policies](#) for more information. (we get it, your dorm room is your space but being considerate of your roommate and the health of the wing is imperative to keep everyone safe.)
- ▶ Wearing a face covering and social distancing is required on-campus and in your dorm building when not in your room, but there may be circumstances in which you should also practice mask-wearing behaviors and even social distancing within common living spaces, such as your apartment's living room and kitchen or in your dorm room. You may consider doing this if your roommate or suitemate frequents places with a higher potential of exposure.
- ▶ Clean and disinfect frequently touched surfaces and objects after each use or at the end of the day (e.g., doorknobs, tables, countertops, light switches, faucet and cabinet handles, smartphones, laptops, remote controls, etc.).
- ▶ If you have a suite-style or apartment-style bathroom, clean your areas regularly and bring your personal belongings back inside your room until the next use. Do not leave your bathroom essentials in the bathroom. Totes or caddies are recommended to help avoid leaving items in the shared bathroom. (This is also true for community bathrooms – don't leave your belongings behind.)
- ▶ Schedule shifts/a schedule for when common spaces such as shared bathrooms, eating areas, and spaces in apartments can be used.
- ▶ Use your own towels.
- ▶ If preparing meals for a friend or sharing food or drinks, use separate serving dishes or cups (e.g., Rather than sticking your hand into a bag of chips, pour individual portions into a bowl).
- ▶ When you're feeling generous and you wash your roommate's dishes or do their laundry, wash your hands thoroughly afterwards.
- ▶ Okay, we know you hear this last one a lot. But it's important! Wash your hands. Wash your hands every time you enter your dorm.

— PUBLIC AREAS —



This guidance provides tips when interacting in public areas in your dorm building (such as study rooms, recreational rooms, kitchens, laundry rooms, etc.), as well as elsewhere on-campus.

- ▶ Keep 6 feet (2 meters) of distance between yourself and others whenever possible.
- ▶ Wear a mask indoors and in public areas.
- ▶ Carry your own hand sanitizer and surface wipes.
- ▶ When possible, meet online or outdoors and in larger common areas.

— TALK WITH YOUR ROOMMATE TO ESTABLISH EXPECTATIONS —



It may feel kind of awkward for one of the first conversations you have with someone to focus on “rules,” but this is something we recommend every year (even when COVID-19 isn’t a factor) – as individuals have different lifestyles and sometimes those lifestyles can occasionally clash.

Talk with your roommates about house rules, such as who is allowed in the residence, what social distancing looks like outside of the dorm (and inside the space), how frequently you will clean and disinfect, and what’s important for you to feel respected and safe in your space. Having a plan before a problem develops can head off these disagreements in the first place.

— ROOM SETUP TO MAXIMIZE THE HEALTH AND WELL-BEING OF YOU AND YOUR ROOMMATE —



- ▶ 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. [Check out some examples](#). Avoid bunk beds as they do not allow for proper social distancing. Ask your RA what’s permitted in your dorm.
- ▶ Furniture should be arranged to facilitate social distancing.

Just because you don’t think you will be seriously impacted if you were to get COVID-19, doesn’t mean others you are exposing might not get severely ill. Everyone you encounter will have a different risk tolerance. They could have a condition that puts them at higher risk of getting seriously ill with COVID-19 or take care of someone who does—so it is important to not make assumptions. People at high risk for severe illness need to follow extra precautions. You can help protect the most vulnerable by wearing your mask, keeping your distance, and washing your hands often.



CARING FOR OUR COMMUNITY IS WHAT WILDCATS DO!

SHARED LIVING SPACE FAQs



*Can my friends come over to hang out at my place?
How can I socialize while social distancing?*

We get it, your room is YOUR space. Using it how you want is important. But the goal is to keep the dorms healthy and open – so no visitors or guests are allowed in your room. Please consider your roommate. Limiting people in your residence to just your roommates decreases the spread. This might seem challenging, but it's important and is one of the big ways we can help keep the dorms and the university healthy and open. It also decreases the risk that public health officials will ask you to self-quarantine or self-isolate if your friends should ever turn out to have COVID-19.

Other ways to hang out with friends and socialize:

- ▶ Meet somewhere outdoors where you can stay six feet apart. This campus is GORGEOUS. Get out there and meet a friend on a nice grassy patch outside. Go visit a coffee shop or restaurant or other area with outdoor, open seating.
- ▶ Go for a socially distanced walk – or better yet, desert hike!
- ▶ If you are craving air conditioning, consider indoor common spaces at your dorm or on campus that allow for six feet of social distancing.

Considerations when socializing:

- ▶ Avoid hugs, handshakes, high fives, or any other form of physical contact.
- ▶ Avoid sharing food.
- ▶ Bring disinfectant and take care of each other.



Can we host/attend a party or large social gathering?

This, unfortunately, is a big no. We know, you're in college but campus opening their doors to in-person operations is a privilege and these are critical times to avoid others to look out for the well-being of the entire Wildcat community. If you want campus to stay open, avoid participating in large gatherings. Many clusters of infected individuals have resulted from parties or social gatherings.



I feel like my roommate's behavior is putting me at risk. What can I do?

Occasionally, you may experience conflicts with your roommate(s). COVID-19 will add new challenges, as you might experience disagreements over safety and cleaning precautions related to COVID-19, having guests, or doing things outside of the residence that are not socially distanced.

Here are strategies for dealing with a roommate whose behaviors may put you at risk:

- ▶ Having a plan before a problem develops can help with these disagreements. We are human and sometimes forget but having a foundational conversation to refer back to will make it easier.
- ▶ This doesn't mean sometimes expectations will change. If and/or when they do, communicate them early and often.
- ▶ If problems arise, talk to your roommate. Let them know which specific behaviors concern you.
 - If communication isn't working, consult with your RA or CD.



What if I think someone else is sick?

If you think someone might be ill, please encourage them to seek care at Campus Health immediately. Please remember to be respectful, thoughtful, and considerate. We are all collectively responsible for our community's well-being. If you have symptoms of COVID-19 prior to a test result, you should contact Campus Health immediately.



Will I need to move to isolation if my roommate tests positive?

If you have not experienced symptoms you do not need to move to isolation but you may be directed by Campus Health to quarantine in your room and monitor symptoms. You should contact Campus Health and your RA if you experience any symptoms of COVID-19 and be especially attentive to your health after any suspected exposures.

If your roommate is moved to an isolation dorm, be sure to ventilate your room, avoid the other person's living area even when they are not there, and monitor your health.



EXPERIENCING SYMPTOMS OF COVID-19 WHILE LIVING IN THE DORMS

We are relying on everyone to keep our entire community safe by monitoring their symptoms, even before a positive COVID-19 test.

If you test positive or continue to exhibit symptoms of COVID-19 you will be moved to one of our isolation dorms on campus until it has been at least 10 days from the onset of their symptoms and you have received clearance from a healthcare professional.