

## **Your Roommate has COVID and is Isolating in Place**

We are sorry to hear that your roommate isn't feeling well. We know this can be a stressful time for you as well, and we want to make sure you understand your responsibilities at this time and the resources available to you.

### **You do not need to quarantine.**

- You are able to go to classes, to work, and attend on-campus activities.
- You should wear a well-fitting mask (a medical mask or KN95) for 10 days anytime you are out of your room.
- You may continue to get your meals the way you normally do. We encourage grab and go dining or maintaining distance during dining to decrease your risk of spreading the virus if you develop symptoms.

### **Strategies for minimizing contact with your roommate.**

- Keep 6 feet of distance as much as possible.
- Arrange the room and beds, so that sleepers' heads are as far apart as possible.
- Study and do work at the library or in other locations as much as possible.
- Open the window as long as the weather allows.

Please work to communicate with each other to respect each other's needs.

### **Length of Isolation**

- Based on the current variants, anticipate your roommate's isolation to last 5 days.

### **Symptom Monitoring**

- Monitor yourself for symptoms of COVID-19 including fever, stuffy nose, sore throat, cough, fatigue, headache, etc.
- If you develop symptoms:
  - Do not go to class, work, or social activities.

- Do a home COVID-19 test if you have one. If you do not, please contact the **student health office**.
- If you develop symptoms and feel you need medical attention, contact the **student health office**. If it is after hours or the Student Health Office is not open, please seek care through an Urgent Care or Emergency Department.
  - Please do not go to Urgent Care or the Emergency Department just to get a test.

## Testing

- If you do not have any test kits in your room, please consider reaching out to the local pharmacy proactively or calling the Student Health Office.
- If you do test positive - please begin isolation in place (no classes, no work, no social events- wear a mask when out of your room except to shower, shave, brush teeth, get grab and go food or when sleeping) and follow the Isolate in Place protocols.

## Counseling and Psychological Services

We know that all of this can be difficult and stressful.

Tips for mental wellness:

- Keep a schedule that includes a good amount of sleep and regular activity.
- Use positive coping strategies, such as meditation or mindfulness, reading, listening to music, and journaling.
- Attend to your wellness needs and prioritize your mental health. Find new ways to cope with new situations.
- If you are experiencing mental health issues, consider contacting the counseling center for an appointment. Call 914-888-5150 or email [counselingcenter@mercy.edu](mailto:counselingcenter@mercy.edu) to set up an appointment.

For more information, please visit the CDC website at <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>.