



BABSON HEALTH SERVICES

# ISOLATION-IN-PLACE

Guidance for COVID-19 positive individuals and well roommate(s)

**STUDENTS WHO TEST POSITIVE FOR COVID-19 ARE ENCOURAGED TO ISOLATE OFF CAMPUS. HOWEVER, THERE ARE TIMES WHEN THE ONLY AVAILABLE OPTION IS FOR A STUDENT WITH COVID-19 TO ISOLATE IN THE SAME ROOM AS THEIR HEALTHY ROOMMATE.**



## **BOTH ROOMMATES:**

- MASK WITH A HIGH-QUALITY MASK WHEN ARE IN THE ROOM TOGETHER
- REQUEST HEPA FILTER FROM FACILITIES
- CLEAN & DISINFECT FREQUENTLY TOUCHED SURFACES AND OBJECTS DAILY (E.G. TABLES, COUNTERTOPS, DOORKNOBS, FAUCETS, SMARTPHONES, LAPTOPS, REMOTE CONTROLS, ETC)
- IF YOU SHARE A BATHROOM, REMEMBER THAT SINKS COULD BE AN INFECTION SOURCE. TOTES OR CADDIES CAN BE USED FOR PERSONAL ITEMS SO THEY DON'T TOUCH THE BATHROOM COUNTERTOP; BRING YOUR TOTE BACK TO YOUR PERSONAL SPACE RATHER THAN LEAVING IT IN A SHARED BATHROOM
- EACH PERSON SHOULD USE THEIR OWN HAND OR FACE TOWELS
- IF YOU SHARE A SLEEPING SPACE, ARRANGE BEDS SO THAT YOU HAVE AS MUCH SPACE BETWEEN BEDS AS POSSIBLE. CONSIDER SLEEPING AWAY FROM EACH OTHER OR IN OPPOSITE DIRECTIONS
- IF SHARING FOOD OR DRINKS, USE SEPARATE SERVING DISHES OR CUPS
- IF YOU DO COME IN CONTACT WITH SHARED SURFACES OR ITEMS, WASH YOUR HANDS THOROUGHLY AFTERWARDS
- DO NOT INVITE ANY GUESTS TO YOUR ROOM UNTIL THE ISOLATION PERIOD HAS ENDED



## **ROOMMATE WITH COVID-19:**

- IF A SINGLE BATHROOM IS AVAILABLE ON YOUR FLOOR, CHOOSE THAT OPTION OVER A SHARED BATHROOM. BE SURE TO WEAR YOUR MASK IN COMMON SPACES
- FOLLOW GUIDANCE FOR ENDING ISOLATION
- POSITIVE STUDENTS MUST WORK DIRECTLY WITH THEIR FACULTY REGARDING MISSED CLASSES DUE TO ILLNESS/ISOLATION
- MASK UP AND GET A TO-GO MEAL FROM CAMPUS DINING. YOU CANNOT REMOVE YOUR MASK & EAT AROUND OTHER STUDENTS UNTIL DAY 11
- CONTACT HEALTH SERVICES LINE AT 781-239-6363 FOR ADDITIONAL GUIDANCE ON TREATING YOUR SYMPTOMS



## **WELL ROOMMATE:**

- YOU MAY STILL GO TO CLASS AND ALL ACTIVITIES
- MINIMIZE TIME SPENT IN YOUR ROOM- TAKE THIS TIME TO DISCOVER A NEW FAVORITE STUDY OR HANGOUT SPOT ON CAMPUS
- WEAR A MASK INDOORS UNTIL 10 DAYS AFTER YOUR ROOMMATE'S ISOLATION ENDS
- TEST OFTEN USING A SELF-TEST KIT. THE BEST TIME TO TEST IS 5 DAYS AFTER YOUR INITIAL EXPOSURE, BUT WITH CONTINUED EXPOSURE, YOU WILL WANT TO BE SURE TO TEST AGAIN 5 DAYS AFTER YOUR ROOMMATE IS NO LONGER INFECTIOUS
- FOLLOW GUIDANCE ON THE [DPH WEBSITE](#) IF YOU DEVELOP SYMPTOMS

**IF YOU ARE A WELL ROOMMATE OF A STUDENT WHO HAS TESTED POSITIVE FOR COVID-19 AND YOU HAVE A CONDITION THAT PUTS YOU AT HIGH RISK FOR SEVERE ILLNESS, PLEASE CONTACT STUDENT HEALTH SERVICES AT 781-239-6363. STAFF IS AVAILABLE DURING REGULAR BUSINESS HOURS. YOU CAN ALSO CALL HEALTH SERVICES TO DISCUSS THERAPEUTIC INTERVENTIONS THAT MAY BE AVAILABLE TO YOU.**