



Roommates and Influenza-Like Illness (ILI)

Housing and Dining Programs staff members are here to support you when your roommate has become ill. This information should be helpful in answering questions you may have about what resources are available to you during this time. Students who are ill are asked to

self-isolate in their rooms. This is very important to minimize the exposure to other residents in the building. If you have not started exhibiting signs of the flu, you have some options:

You can stay in your room...

- Students with ill roommates can still share a room but must **be extremely diligent in hand washing, distancing themselves** as much as they can from ill roommates, **wiping down all surfaces daily** with sanitizing wipes, and asking those that are coughing to wear a mask if they can't contain it with a tissue or their sleeve.

If you do not wish to stay in your same room,

- Students can **identify a friend on the floor or in the same hall to stay with temporarily** until the sick student does not have a fever for 24 hours. **Temporary mattresses** can be provided for well-roommates who wish to relocate to a friend's room.
- Because the residence halls are at full capacity, permanent room changes to isolate due to ill roommates cannot be accommodated. If you are unable to stay in a friend's room, **consult with your Resident Assistant or Resident Director. A small number of spaces in dormitory-style rooms are available temporarily. There are spaces in these rooms for males in Hughes Hall and for women in Centennial Hall.**

Other Helpful Hints...

- **Keep your roommate away from other people** as much as possible especially others who are at high risk for complications from influenza.
- **Remind your roommate to cover their coughs and clean their hands with soap and water** or an alcohol-based hand rub often, especially after coughing and/or sneezing.
- **Clean your hands often**, using soap and water or an alcohol-based hand rub. Use paper towels for drying hands after hand washing or dedicate cloth towels to each person in the room. For example, have different colored towels for each person.
- If close contact with a sick individual is unavoidable, **consider wearing a facemask** which can be provided by the Student Health Center.
- **Encourage visitors to stay away from your room.** A phone call is safer than a visit.
- **Avoid being face-to-face with the sick person.**
- **Encourage your sick roommate to throw away tissues** and other disposable items in the trash. Wash your hands after touching used tissues and similar waste.
- **Wash eating utensils either in a dishwasher or by hand with water and soap.** Linens, eating utensils, and dishes belonging to those who are sick do not need to be cleaned separately, but importantly these items should not be shared without washing thoroughly first.
- **Encourage and practice social distancing** during a flu outbreak. Limit unnecessary trips to grocery stores, malls and other crowded places, keep space between you and others when using public transportation or studying in the library, and reduce social contacts and community activities.

