



# Shared Housing Off-Campus COVID-19 Guide



Health &  
Wellness  
Services



@WSUHealth



**ASK A NURSE  
MESSAGE LINE**  
WSU Health & Wellness Services  
507.457.2292





## A Message from Health & Wellness Services

Your wellness is our top priority. Health & Wellness Services is here to help you stay healthy and safe in this unique and challenging time. We're here for all of your health needs all year long. We offer telehealth appointments as well as on-campus appointments as needed.

As the school year starts, remember to “lay low” the first two weeks to help prevent the spread of COVID-19. While we all want you to continue to have fun, protecting yourself against Coronavirus is more important. Here are some tips to keep in mind:


- Wash or Sanitize Your Hands Frequently
- Maintain Physical Distance of at Least 6 Feet Apart
- Wear your Face Mask
- Avoid Touching Your Face

Let it be known that WSU's Health & Wellness Services welcomes and appreciates everyone regardless of race, creed, religion, country of origin, documentation or sexual orientation.

Let it be known that at WSU's Health & Wellness Services you are valued not despite your differences but with full appreciation of your differences.

Let it be known that at WSU's Health & Wellness Services you are safe, protected and not judged.

Let it be known that WSU's Health & Wellness Services stands with you not just when there is a horrible incident that makes the news but day to day with all that you face, during the challenges that only you may know, we stand by you.



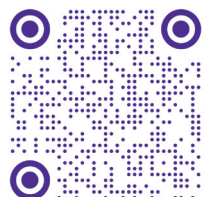
# Table of Contents

Returning to Campus .....	4
COVID Shopping List .....	5
Isolation GO BAG.....	6
Know the Risk: Social Activities .....	7
Know the Risk: Essential Errands.....	8
Know the Risk: Shared Bathrooms .....	9
Shared Bathrooms in the Home.....	10
Essential Public Transportation Travel.....	11
Traveling with Others.....	12
How to Wash a Face Mask.....	13
COVID Clean: Cleaning for COVID-19 .....	14
Close Contact Flow Chart .....	15
Isolation vs. Quarantine .....	16

Check out our Wellness Blog on

**Doing Laundry during  
a Pandemic**

<https://bit.ly/2CGKS86>



# Returning to Campus

## 8 TIPS

1

**As you prepare to return to campus,** *consider* that you may get COVID-19 at some point during the school year. Bring everything that you will need to take care of yourself in isolation, and help prevent the spread of COVID-19.



2

**The first two weeks back on campus are the most critical.** Bring enough supplies to last you up to two weeks in quarantine – or isolation if you become sick.

3

**Cleaning and disinfecting against COVID must be done on a daily basis.** Check the EPA's website for a complete guide on cleaning products that disinfect against COVID-19 [epa.gov/listn](https://www.epa.gov/listn)



4

**Buy cleaning supplies in bulk** or travel size when you can. The best way to ensure your own personal safety against COVID-19 is to have cleaning products accessible at all times – whether that's keeping wipes in your backpack to keeping disinfectant spray in your car.



5

### Assemble a first aid kit to...

- a) Treat minor injuries at home to avoid trips to the pharmacy and clinic
- b) Help treat the symptoms of COVID if you become ill



6

### Have a Plan in Place in case of becoming ill.

Have an emergency contacts list of family, friends, healthcare providers, teachers, & employers. Include resources for food and supplies. If you live alone, you might arrange check ins with a friend or relative regularly.



Gather your health information, insurance cards, & write down important accounts and phone numbers in a notebook. Also, be prepared to record your temperature and symptoms on a daily basis.



7

**Once arriving to campus,** you may be required to fill out a COVID screening form daily. Attend welcome week festivities at an appropriate distance to make friends. Find a support circle to help you in case if you have to isolate and that can help you get your essential needs. Also remember to be a friend to others in their time of need and lend a helping hand.

8

### Off-Campus Housing with Roommates

Designate in advance dishes, towels, bedding and ideally a separate bedroom and bathroom for anyone who's ill. Ideally, healthy roommates—and pets—should stay outside that space.

# COVID Shopping List

What to bring back to campus

**Cleaning Supplies** – Check [epa.gov/listn](https://www.epa.gov/listn) for complete guide on cleaning products

- ☐ Disinfectant Wipes\*  
(Lysol or Clorox wipes)
- ☐ Disinfectant Spray\* (Lysol)
- ☐ Laundry Detergent\*
- ☐ Soap\* (for washing hands & surfaces)
- ☐ Small Bucket
- ☐ Sponges or Rags for Cleaning
- ☐ Gloves (single-use latex or rubber gloves)
- ☐ Paper Towels\*
- ☐ Toilet Paper\*
- ☐ Kleenex\*
- ☐ Garbage Bags\*

## Housewares

- ☐ Bedding Sheets (2 sets)
- ☐ Towels  
(bath towel, hand towel, wash cloths)
- ☐ Disposable Utensils & Dishes  
(paper plates & bowls, napkins, plastic utensils)
- ☐ Water Bottle/Water Filters
- ☐ Notebook

## Grocery

- ☐ Healthy-Ready-Made Food & Meals
- ☐ Soup
- ☐ Crackers
- ☐ Water\* (or reusable bottle)
- ☐ Electrolytes (Pedialyte®)
- ☐ Juices\* (100% Fruit Juice)
- ☐ Teas

## Medicine

- ☐ Daily Vitamins (Vitamin C)
- ☐ Pain Relievers\*  
(Acetaminophen & Ibuprofen)
- ☐ Prescription Medication(s)  
(Inhalers & birth control)
- ☐ Cough Drops
- ☐ Cough Syrup (Dayquil/Nyquil)
- ☐ General Cold & Flu Medicine  
(Mucinex)
- ☐ Allergy Medication (if prone to allergies)
- ☐ Chloraseptic Spray (sore throat)
- ☐ Hydrocortisone Cream (anti-itch)
- ☐ Triple Antibiotic Ointment
- ☐ Antifungal Cream
- ☐ Anti-Diarrheal Medication
- ☐ Saline Nasal Spray
- ☐ Saline Eye Drops
- ☐ Tums

## Pharmacy

- ☐ Thermometer
- ☐ Tweezer/Nail Clippers
- ☐ Hand Sanitizer\*  
(Above 60% alcohol)
- ☐ Rubbing Alcohol
- ☐ Band Aids\* (different sizes) &  
Other Bandages/Gauze
- ☐ Cotton Balls
- ☐ Heating Pad
- ☐ Cold Pack (Instant cold compress or  
reusable)
- ☐ Chap Stick
- ☐ Lotion
- ☐ Sunscreen SPF 30
- ☐ Bug Spray (Deets)

\* Buy in bulk when possible



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**WELL  
WARRIORS**  
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# COVID GO BAG

In these uncertain times, the possibility exists that you *may* need to isolate. It is recommended that you isolate at home, but if unable, you will be provided an isolation room if you are living in the res hall. For those living with roommates, you may be advised to change rooms. It's a good idea to have a pre-packed bag easily accessible.

Here's what WSU's Health & Wellness Services recommends for you to pack in your GO BAG, so your bag and laptop can be easily grabbed.

## What to Pack in Your GO BAG

- Extra Electronics Chargers
- List of Important Phone Numbers
- List of Any Allergies
- Prescription Medication
- 2+ Masks
- Pain & Fever Relievers  
(Acetaminophen & Ibuprofen)
- General Cold & Flu Medicine (Mucinex)
- Cough Syrup (Dayquil/Nyquil)
- Cough Drops
- Vick's Vap O Rub
- Thermometer
- Tissues
- Snacks
- 4 Complete Changes of Comfy Clothes  
(Sweats, PJ Pants, T-Shirts & Fuzzy Socks)
- Extra Fleece Throw Blanket  
(Isolation rooms include sheets and blanket)
- Pillow
- Set of Towels
- Stuffed Animals
- Body Lotion
- Feminine Hygiene
- Toothbrush & Toothpaste
- Shampoo & Body Wash
- Hair Brush & Hair Ties

Also bring some fun activities to keep you busy during quarantine. Things such as coloring books and a deck of cards will help keep you entertained!



# Know The Risk: Social Activities

## Low Risk



### Virtual

Calling or FaceTiming a friend.

Playing video games with friends using Discord.

Hosting a Zoom game night.

Starting a book club.

Hosting a Netflix watch party.

Making a playlist for you and a friend.

Finding virtual concerts and have a dance party with roommates.

Hosting a virtual study session with classmates.

Text messaging games such as Game Pigeon.

Writing to a pen pal.

Compete with friends on TikTok to see who can get the most likes.

Information approved by  
H&WS Medical Staff

## Moderate Risk



### Outdoor

Meeting up with a friend outdoors while wearing a mask.

Playing low-contact sports such as golf or frisbee.

Going on a hike with your roommates or family.

Enjoy a day on the lake! Go fishing, kayaking, or canoeing.

Playing hide and go seek.

Hammocking at a local park.

Participating in a virtual 5K.

Going camping in a remote location for 1-2 nights.

Swimming in a personal pool.

Hanging out with housemates.

## Higher Risk



### Small Gatherings

Visiting a friend in their home.

Attending a backyard BBQ or campfire.

Hosting a game night.

Having a bonfire.

Hosting a spa night with friends that you don't live with.

Attending to a outdoor drive-in movie or event.

Having a picnic with friends.

Spending 1-3 nights at a hotel or Air B&B in a small town.

Visiting the local parks.

Swimming at the beach—keeping an appropriate distance and wearing a mask.

## Highest Risk



### Large Gatherings

Staying at a friend's house overnight.

Going to a bar or dance club.

Eating at an indoor restaurant with a group of friends.

Throwing a party.

Playing high-contact sports such as volleyball or football.

Swimming at crowded beaches or water parks.

Going to the movie theater.

Shopping at an indoor mall with friends.

Attending an indoor concert or live music event

Attending sporting events.

Traveling out of town and visiting tourist destinations for a week.



# Know The Risk: Essential Errands

## Low Risk



### Delivery

Ordering food with contactless delivery or cooking a meal at home.

Ordering packages online.

Pumping gas with mask on. Wipe down the gas pump before and after use, pay at the pump and sanitizing hands after use. Wash your hands when you return home.

Getting medications delivered to you by a pharmacy.

Using online banking whenever possible. Several banks have apps that let you make transfers and deposit checks.

Paying for your items virtually through an online shop or order.

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## Moderate Risk



### Pick-Up

Picking up food from a restaurant or going through a drive-thru.

Using curbside pickup for essential shopping.

Pumping gas with mask on. Wipe down the gas pump before and after use, and pay at pump.

Using the pharmacy drive-thru to get medication.

Using bank ATMs. Wipe down the machine and buttons before and after use, and wash or sanitize hands after returning home.

Paying in person with a contactless card—sanitizing hands after payment.

## Higher Risk



### Outdoor

Eating outdoors at a restaurant.

Going into a store with a mask on. Wipe down shopping cart and washing hands before entering and after leaving.

Pumping gas without wiping down the pump and paying inside.

Going into the pharmacy with a mask on to get medication.

Going through a bank drive-thru—wiping down canister and sanitizing hands after leaving.

Paying in person with a card using the keypad and sanitizing hands after payment.

## Highest Risk



### Indoor

Eating indoors at a restaurant or drinking at a bar.

Going into a store without a mask on.

Pumping gas and paying inside without mask on.

Going into the pharmacy without a mask on.

Going into the bank without a mask on.

Paying in person with cash.



# Know The Risk: Bathrooms

## Low Risk



### Personal

Having a personal bathroom is the safest for protecting yourself against COVID-19.

If you have a personal bathroom—clean on a regular basis.

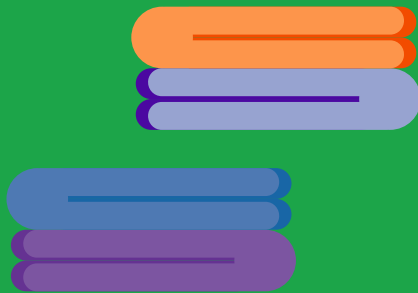
Avoid sharing your personal bathroom with others.

Keeping a personal set of towels, wash cloths, and bath towels for only you to use.

Showering on a regular basis can help bring back some normalcy to your life. Remember to shower when you return home from work.

Information approved by  
H&WS Medical Staff

## Moderate Risk



### Shared in the Home

Wiping down frequently touched surfaces daily such as; toilet seat, flush, sink, faucet, soap light switches, and door knobs.

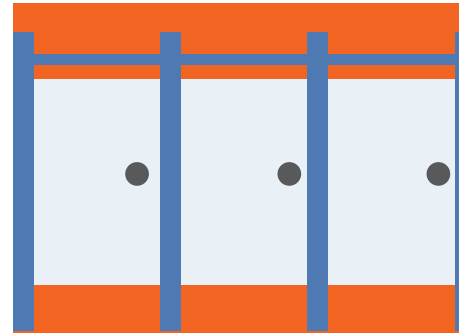
Flushing with toilet cover down to help protect against the virus becoming airborne.

Keeping and using a separate sets of hand towels, wash cloths, and bath towels for each person in your home.

Does your home bathroom have a window? Keep it open to increase air ventilation.

Developing a shower schedule with your housemates. This will help to ensure that the shower is completely dry in between uses.

## Higher Risk



### Res Hall Bathrooms

Wiping down stall door, lock, toilet seat and flush before and after use.

Using your foot to flush and closing lid while flushing (if possible).

Wiping down sink, faucet, soap dispenser, and paper towel dispenser before and after use.

Using personal sink as much as possible (if applicable).

Avoid setting personal items in sink or shower (especially tooth brush).

ALWAYS wearing shower shoes.

Bringing personal shower supplies in a container or plastic Ziploc bag.

Bringing a robe to limit the amount of time in the bathroom. Get dressed and ready in your room.



## Highest Risk



### Public Restrooms

Washing hands before and after going to the bathroom.

Wiping down frequently touched surfaces before and after use.

Disinfecting stall door, lock, toilet seat and flush before and after use with a wipe.

Wiping down sink, faucet, soap dispenser, and paper towel dispenser.

Flushing with toilet seat down and using your foot to flush (if possible).



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# Sharing a Bathroom in the Home

Ideally, if someone is sick with COVID-19, designate a personal bathroom to help minimize the risk of spreading COVID within the home. However, this isn't always possible.

Clean and disinfect frequently touched surface areas daily with an EPA approved disinfectant. Check out [epa.gov/listn](https://www.epa.gov/listn)

## Disinfecting Checklist

- Toilet Seat
- Flush
- Sink
- Faucet
- Soap Dispenser
- Light Switches
- Door & Cabinet Handles

If possible, flush with toilet cover down to help prevent the virus from becoming airborne.

Keep and use separate sets of hand towels, wash cloths, and bath towels for each person in your home.

Does your home bathroom have a window? Keep it open to increase air ventilation.

Develop a shower schedule with your housemates. This will help to ensure that the shower is completely dry in between uses.

# Essential Public Transportation Travel



## 7 Tips for On the Ride



*If you're using a rideshare service such as Uber or Lyft, ask the driver for the name of the passenger before entering the vehicle. Verify that it is the correct car and license plate with the app.*

1

**Keep a face covering on for the entirety of the ride.**

2

**If possible, wipe down your seat, seatbelt, door handles and other frequently touched surfaces before the ride starts.**

3

**Handle all of your personal belongings.**

4

**Physical distance yourself in the vehicle and sit apart from others. If you are using rideshare, sit in the backseat on the passenger side—diagonally behind the driver**

5

**Keep windows open or air on in the vehicle when possible.**

6

**Avoid contact with sick people. If you notice that someone around you is exhibiting symptoms of COVID-19, distance yourself as much as possible.**

**You may get off the bus at the next stop and wait for another bus, or ask your ride share driver to stop the car and order another ride.**

7

**Upon your return...if you develop signs or symptoms of COVID-19 after you get home from a trip, self-isolate & call Ask-A-Nurse.**

### Travel Checklist

Keep these items close by during all times of travel



✓ Sanitizing Wipes

✓ Hand Sanitizer (60% alcohol)

✓ Cloth Face Covering



# Traveling with Others



## 7 Tips for On the Ride



1

**Keep a face covering on for the entirety of the ride.**

2

**If possible, wipe down your seat, seatbelt, door handles and other frequently touched surfaces before the ride starts.**

3

**Handle all of your personal belongings.**

4

**Physical distance yourself in the vehicle and sit apart from others. Sit in the backseat on the passenger side—diagonally behind the driver.**

5

**Keep windows open or air on in the vehicle when possible.**

6

**If you are returning home to quarantine or isolate, limit the number of passengers, wear a mask, distance yourself from others as much as possible, and sanitize hands often.**

**Stay in the vehicle until you have reached your final destination.  
Try your best to make it home without any stops.**

7

**Upon your return...if you develop signs or symptoms of COVID-19 after you get home from a trip, self-isolate & call Ask-A-Nurse.**



### Travel Checklist

Keep these items close by during all times of travel



✓ Sanitizing Wipes

✓ Hand Sanitizer (60% alcohol)

✓ Cloth Face Covering

✓ Food & Water



# How to Hand Wash a Face Mask



**Masks should be washed daily. Machine washing and drying is best, and can be washed with other clothes.**



**1 Fill a basin with hot water, 1-2 tablespoons of detergent or 1 pod, and your mask(s)**

**2 Cover with lid and shake until the water gets sudsy**



**3 Soak for 30 minutes then drain**

**4 Fill basin with water again to rinse**

**5 Rinse rest of soap out with running water**

**6 Lay flat or hang to dry**



**WARNING: DO NOT EAT PODS**





# COVID CLEAN



## FREQUENTLY TOUCHED SURFACES

(High Touch Surfaces)

The CDC recommends cleaning and disinfecting frequently touched surfaces daily. This includes tables, light switches, door knobs, counter tops, handles, desks, toilets, faucets, and sinks. E-surfaces include phone, remotes, controllers, and keyboards.

## 6 STEPS FOR SAFE & EFFECTIVE DISINFECTING AGAINST COVID-19

Cleaning removes dust, debris, and visible dirt from a surface by scrubbing, washing, and rinsing.

Disinfecting destroys or inactivates both the bacteria and viruses identified on the product's label (like Influenza and SARS-COV-2) on hard surfaces.

1

DIRECTIONS

### Check that your product is EPA-approved

Find the EPA registration number on the product. Then, check to see if it is on the EPA's list of approved disinfectants at: [epa.gov/listn](https://www.epa.gov/listn)

2

### Read the Directions

Follow the product's directions. Check "use sites" and "surface types" to see where you can use the product. Read the "precautionary statements."



3

### Pre-Clean the Surface

Make sure to wash the surface with soap and water if the directions mention pre-cleaning or if the surface is visibly dirty.

4



### Follow the Contact Time

You can find the contact time in the directions. The surface should remain wet the whole time to ensure the product is effective.

5

### Wear Gloves & Wash Your Hands

For disposable gloves, discard them after each cleaning. For reusable gloves, dedicate a pair to disinfecting COVID-19. Wash your hands after removing the gloves.



6

### Lock It Up

Keep lids tightly closed and store out of reach of children and pets.



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WELL  
WARRIORS  
WISDOM. COURAGE. KINDNESS.

*Close contact is being within 6 feet of a positive case for 15 minutes regardless of if a mask was worn.*

# ***What should I do if... I've been in close contact with someone...***

*COVID Symptoms Include: fever, cough, shortness of breath, chest pain, sore throat, loss of taste or smell, headache*

***...who is being tested?***

*Be extra aware and mindful while waiting for their results, in case of need to quarantine*

***...who has tested negative for COVID-19?***

***...who has tested positive for COVID-19?***

***Quarantine for 14 Days since last contact, Self-Monitor AND Get Tested***

*Continue to quarantine for 14 days regardless of YOUR test result*

***If you become symptomatic, isolate 10 days from onset of symptoms AND 24 hours fever free***

***...who is a close contact of a positive case...***

***...and IS experiencing symptoms?***

***...but IS NOT experiencing symptoms (yet)?***

***Self-Monitor, Practice Physical Distancing, Wash Hands & Wear a Mask***

*Be extra aware and mindful while waiting for their results, in case of need to quarantine*

***...who has been in close contact with someone ELSE who might have been exposed?***

***Continue to Practice Physical Distancing, Wash Hands, & Wear a Mask***

***High Risk***

***Moderate Risk***

***Low Risk***





High Risk

Moderate Risk

Low Risk

# Am I experiencing symptoms of COVID-19?

## Quarantine

asks healthy people to stay home to avoid becoming sick.

# VS.

## Isolation

asks a sick person to stay home and separate themselves from others, including people in their household.

**COVID Symptoms Include:**  
fever, cough, shortness of breath, chest pain, sore throat, loss of taste or smell, headache

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**No**

Have I been in close contact with someone who has symptoms?

**No**

**Yes**

Practice Physical Distancing, Wash Hands & Wear a Mask

Self-quarantine for 14 days and monitor symptoms, it may take up to 14 days for symptoms to appear after exposure.

Stay home as much as possible. Use online services to get essential needs. If you need to go out into public, wear a mask, stay 6 feet apart, don't touch your face, and wash your hands often.

**No**

Did I develop symptoms during my 14 days of quarantine?

**Yes**

Students call Ask-A-Nurse & Employees call your local clinic and go in to get tested. Do not use public transportation or rideshare to get to the clinic.

If you have symptoms, please isolate for 10+ days since the onset of symptoms AND until you are fever-free for 24 hours without using fever-reducing medication.

## WHILE IN ISOLATION...

- Stay home and do not go out into public
- Stay away from people in your home as much as possible
- Wear a facemask during every interaction with your care taker
- Avoid sharing personal household items such as bedding, towels, and dishes