

Wellness During Covid-19

Self-Isolating in Place

Additional Information For Residents in Cluster Housing

You have been asked to self-isolate as a precautionary measure while being tested or because you are ill. It is extremely important that you follow these guidelines if you are living with a room-mate in Cluster housing. It is your responsibility to help keep your roommate and other people safe.

1. Text, email or phone your roommate to alert them that you are being tested or treated, and have been asked to self-isolate in your unit.
2. Stay in your bedroom with the door closed as much as possible. Feel free to open windows for fresh air if desired.
3. Keep your environment clean and disinfected (see over for cleaning tips).
4. Do not have any guests in your room or in the Cluster unit while you are self-isolating. Ask your roommate to follow this guideline so as not to expose others.
5. Always wear a mask if and when you have to leave your room. Stay 6 feet or 2 meters away from others.
6. Designate one bathroom for your use only. Wash your hands thoroughly when you enter and leave the bathroom.
7. If you share a shower room with your roommate, disinfect the shower and hard surfaces after you shower. Leave the room spotless for your roommate. (Disinfection guidelines on next page)
8. Order your groceries and have them delivered to the outside of your apartment. If your apartment has an internal entrance that makes delivery difficult, contact **housing@uvic.ca**. This email is monitored Monday to Friday 8:00 am to 10:00 pm Sunday to Thursday, and 8:00 am to 1:00 am Friday and Saturday. We will help coordinate delivery.
9. Do not use shared spaces during self-isolation, except for the kitchen. Wash your hands upon entry to the kitchen.
10. If you use the kitchen to prepare food, coordinate times with your roommate to maintain physical distance.
11. Do not share food. Do not use disinfectant on food.
12. After you use the kitchen wash all your dishes, pots, pans and implements thoroughly in hot soapy water. The dishwasher can be used with a hot rinse cycle. Do not leave dirty dishes in the kitchen.
13. After you wash your dishes, disinfect the counters, appliances, door handles, light switches and any hard surface that you touch (see over for guidelines).
14. Line your garbage bins with plastic bags (in your room and in the kitchen). Carefully dispose of used tissues so that others won't touch with their hands when emptying the garbage. Contact **rescovidsupport@uvic.ca** and they will assist with arranging a pick-up schedule.
15. Check out the full brochure for information on self-isolation processes and available supports and contact information. <https://www.uvic.ca/residence/assets/docs/covid-brochure-final.pdf>

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How to disinfect hard surfaces

- Always wear gloves and open a window when disinfecting.
- Health Canada has a list of approved household disinfecting products, such as Clorox, Lysol, Fantastik, Zep and others <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.htm>
- **You can order cleaning products with your grocery order, or from the UVic Bookstore.**
- Follow the directions on the label of the cleaning product. It is important to note that you need to leave the product on the surface for a few minutes (up to 5) to disinfect.
- The BC Centre for Disease Control has full instructions on cleaning and disinfecting in your home at <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/cleaning-and-disinfecting>

Thank you for doing your part!

