



Instructions for students self-isolating in dorms or apartments

Please stay physically isolated in your own room, to avoid spreading your infection to others. It is very important that you do not leave your room more than necessary, and minimize using shared spaces of any kind. Do not go to the store, do not use lounges, do not visit others. And no-one should visit you in your room, touch your things, or be within 6 feet of you, even for a few minutes.

If you must leave your room, keep the time to an absolute minimum.

You may leave your room, if needed, only to

- Pick up food or meals in the dining hall
- Use the bathroom
- Do laundry (please combine and minimize trips during isolation period)

Whenever you leave your room, you must wear a mask, if you have one; if not, please cover your nose and mouth with a finely woven cloth (like a bandana or scarf). Wash your hands or use hand sanitizer before leaving and do not touch your face again. Wash your hands or use hand sanitizer again after you return to your room. Use disposable paper towels if possible when touching door knobs or other shared surfaces.

Food & Meals: If possible, ask one of your friends to pick up your food/meals and bring to leave outside of your room, or have it delivered. Students in apartments should avoid preparing meals in shared spaces; if possible have someone prepare meals for you and leave outside of your door. If you *must* pick up your meal in the dining hall or another food location, be sure to follow the instructions above, and go directly to/from your room without going elsewhere.

Bathroom/ Toilets/ Showers: If possible, you should have a bathroom/toilet designated for your use only. Please wash your hands before leaving your room and try to touch surfaces in the bathroom as little as possible. Use an EPA registered household disinfectant (e.g. a Purell wipe) to wipe down all surfaces after using the bathroom and before leaving the room, when available.

Laundry: If washing your own laundry, no gloves are needed, but be sure to wash hands thoroughly after loading. Do not shake dirty laundry, to minimize the possibility of dispersing virus through the air. Do not place dirty laundry on tabletops or washertop: transfer directly from bag/hamper to interior of washer. Launder items using the warmest appropriate water setting for the items; dry items completely. After washing, disinfect washer by running a cycle with bleach, and wipe down any surfaces that clothes/you may have touched with EPA approved disinfectant.

It can be difficult to spend extended periods of time alone. We encourage you to reach out for support: please call our Counseling and Psychological Services at (510) 642-9494 and see our mental health resources page for [students](#) on the UHS website: uhs.berkeley.edu.

Please contact the advice nurse with medical concerns, 24/7: (510) 643-7197.
Always call 911 for emergencies.