



Know Your Student Household COVID-19 Plan



Is your household COVID-19 ready? It is important that your household thinks in advance about what you will need to do if a housemate becomes ill or has to self-isolate.

Here are some tips and resources to help you plan:

Know The Symptoms

Common symptoms include:

- › Fever/chills
- › New or worsening cough
- › Shortness of breath
- › Sore throat

See a full list at www.kflaph.ca

Call 911 if symptoms are severe or if breathing is difficult.

Prepare to Adjust Living Arrangements

- A housemate with COVID-19 may need a separate washroom, sleeping area, and eating area.
- Everyone in the house will need to wear masks and physically distance from them.
- Cleaning and sanitizing spaces will need to happen more often.
- Consider schedules for cleaning and sharing of spaces.
- To limit potential for spread, no visitors should be in the house.
- What will you do if you do not feel comfortable living with a housemate who has tested positive for COVID-19?

How to Self-Isolate

- Review KFL&A Public Health guidelines on Self-Isolation.

A person who has to self-isolate:

- › Can't go to school or work.
- › Won't be able to grocery shop or get other supplies.
- › Will not be able to use public transportation, taxis, or rideshares.

Who to Contact

For Public Health Information:

KFL&A Public Health COVID-19

- › Call: 613-549-1232
- › Text: 343-477-1971

For Health and Medical Services:

Student Wellness Services

- › Call: 613-533-2506
- › health.services@queensu.ca

For General Support or Questions:

(Non-Medical)

Support Services

- › SupportServices@queensu.ca



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Stocking Up

What essentials do you need to keep on-hand so that you are always prepared for social isolation? (e.g., cleaning supplies, grocery staples, first aid supplies, prescriptions)

Groceries and Prescriptions

If a housemate or the entire household has to socially isolate, think about who can help to get groceries and prescriptions or other necessary supplies.

Isolation Space Planning

If a housemate has to socially isolate within your household, think about how you will manage your shared spaces (e.g., bathroom, living room, kitchen, food storage, laundry).

Emergency Contacts

Talk about when an emergency contact person (e.g., a parent, a guardian, a support person) should be called and write down emergency contact information for each housemate.

Additional Resources

www.kflaph.ca
www.queensu.ca/covidinfo/students
www.publichealthontario.ca



STUDENT AFFAIRS
SUPPORT SERVICES AND
COMMUNITY ENGAGEMENT