Roommate Agreement During COVID

Having a roommate is a great opportunity to expand your social circle and make more connections, but even in the best situations, it can be stressful at times. Add the current COVID-19 situation, and it can make things even more complicated. Use this worksheet as a tool to have a discussion on how to handle the current COVID-19 situation as roommates.

Cleaning
Do we want to increase cleaning practices?
Who is responsible for cleaning each area?
What are things that need to be wiped down daily?
What additional items do we need to purchase (hand sanitizer, disinfecting wipes, etc.)?

Communication
How should we notify each other of health changes?
What is the best way to communicate with each other if we are experiencing symptoms?
How would we handle a situation in which one roommate has to self-isolate?

Guests
Are any guests allowed in our apartment? If so, who is allowed or how would you like to notify each other?
How many people at a time can be in the apartment?
If we are not currently comfortable with guests coming over, when might we feel comfortable having guests over in the future?
What behaviors will we limit because we consider them to be too risky?

What travel do we have planned for this semester?

How do we want to handle grocery shopping (separate shopping, one person shops, curbside, etc.)?

How can we support each other?

Should we schedule weekly mental health check-ins?

Do we want to set aside space for workout equipment?

Do we need increased quiet hours in the apartment?

Do we want to start a monthly game night or weekly roommate dinner?