



UNIVERSITY OF FLORIDA

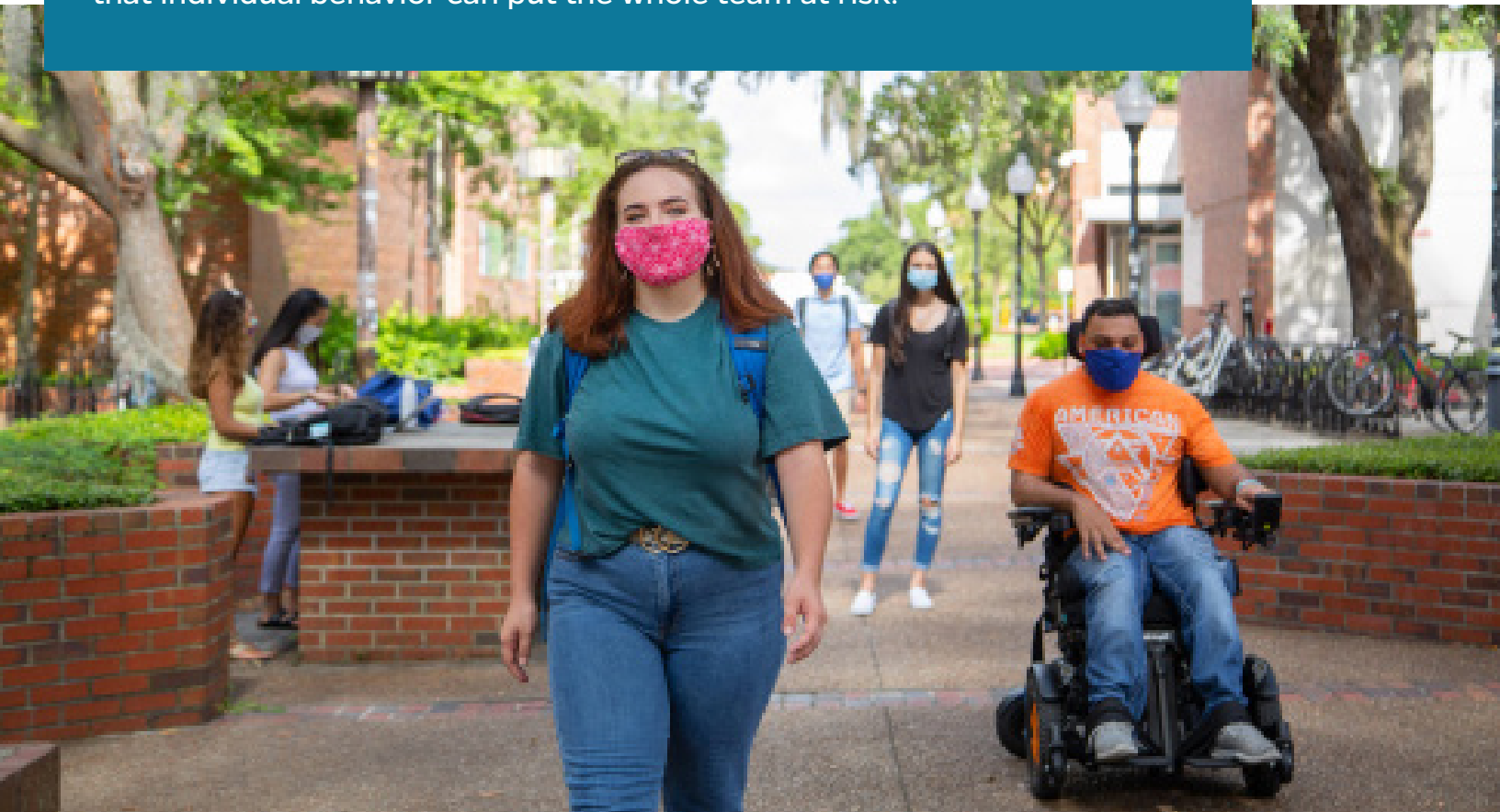
# FINDING YOUR QUARANTEAM

*FALL 2020 SEMESTER*



**A QuaranTeam is a group of individuals who choose to socialize together and follow a mutually agreed upon set of rules or guidelines during the pandemic. QuaranTeams can limit the risk of spreading the virus as well as fight loneliness.**

Communication and trust are two factors that can have a major impact on the effectiveness of risk reduction within your QuaranTeam. Keep in mind that individual behavior can put the whole team at risk.



## **HOW TO DEVELOP YOUR QUARANTEAM:**

Decide who you would like your team to be and why

Who are the people you want to spend the most of time with?

- Roommates?
- Friends from a class?
- Members of a student org?
- Teammates?
- Family?

# Once you decide who you want to be part of the team get together virtually or over the phone and come up with a plan/ground rules for what this situation should look like. Consider:

## **Is it okay for members of your team to also socialize in person with others outside your team?**

- At grocery stores, restaurants, other QuaranTeams, significant others etc.?
- Keep in mind the wider the circle or bubble (the more people) the higher the risk for spread.

## **Timeframe**

- How long would you like this QuaranTeam to be in place?
- Duration of the pandemic? A semester? 1 month? 2 weeks?
- Reminder: Moving from one QuaranTeam to another with no break increases risk of spread. Wait at least two weeks before finding another group.

## **What is the plan if someone starts to feel symptoms?**

- How should they notify the group?
- At what point should they notify the group? As soon as they experience symptoms, when they get back positive results?
- Important Note: If someone in your QuaranTeam test's positive do not place blame or shame them. Following the QuaranTeam's rules reduces the risk of spreading the virus, but doesn't make it impossible for someone to get sick.
- Will everyone get tested if one person is experiencing symptoms?
- Will everyone isolate for 14 days?

## **Consider risk**

- Mask wearing and physical distancing at least 6 feet are our best tools for mitigating risk. Indoor, densely-packed places with poor ventilation will expose you to greater risk for spreading the virus.
- Does someone in your team work every day? in a grocery store? Hospital? private office? Etc.?
- What is everyone's daily routine? - morning coffee at the local shop? a jog through town every evening? Do they go to the gym?
- Does anyone have underlying conditions putting them at increased risk?

## **Establish QuaranTeam Ground Rules**

Where will you all hangout?

- Indoors vs. outdoors
- Always same place or change it up
- If it is a public place, understand the risk of potential exposure increases.

Will face coverings be a requirement?

- Indoors vs. outdoors
- What about physical distance?
- How will this be maintained?

Will you all share items or will each person bring their own?

- Reusable cups/dishes, or disposable
- Gaming controllers
- Athletic equipment
- Hand Sanitizer/washing

Will soap and water/hand sanitizer be provided or accessible?

- If it's not provided or accessible, will the expectation be that everyone provides their own?



**These conversations might seem a bit awkward, but it's also pretty uncomfortable if you show up to the meeting location and everyone is not wearing masks, or they've been hanging out with a different group of friends an hour before, or they're not keeping physical distance etc. and you feel like your safety is at risk. It's a lot easier to establish and have these conversations at the beginning so that everyone is on the same page.**

### **WHEN HAVING THESE CONVERSATIONS KEEP IN MIND:**

- Everyone has their own bottom-line/boundary, including you. And that's okay. Respect each others' boundaries.
- If someone is not comfortable with one of the rules, don't coerce them into it. It's okay to work for a compromise, but don't push someone's bottom-line.
- If there's a rule you don't agree with and the team doesn't seem like the best fit for you, that's okay and the team should understand that, after all that's why you are having this conversation in the first place. You can take these same steps while looking for a different QuarantTeam.