

A large, stylized orange pumpkin with a carved jack-o'-lantern face, featuring triangular eyes and a jagged, smiling mouth. It is positioned in the upper right quadrant of the cover.

The East Carolinian

FALL HOUSING GUIDE 2020

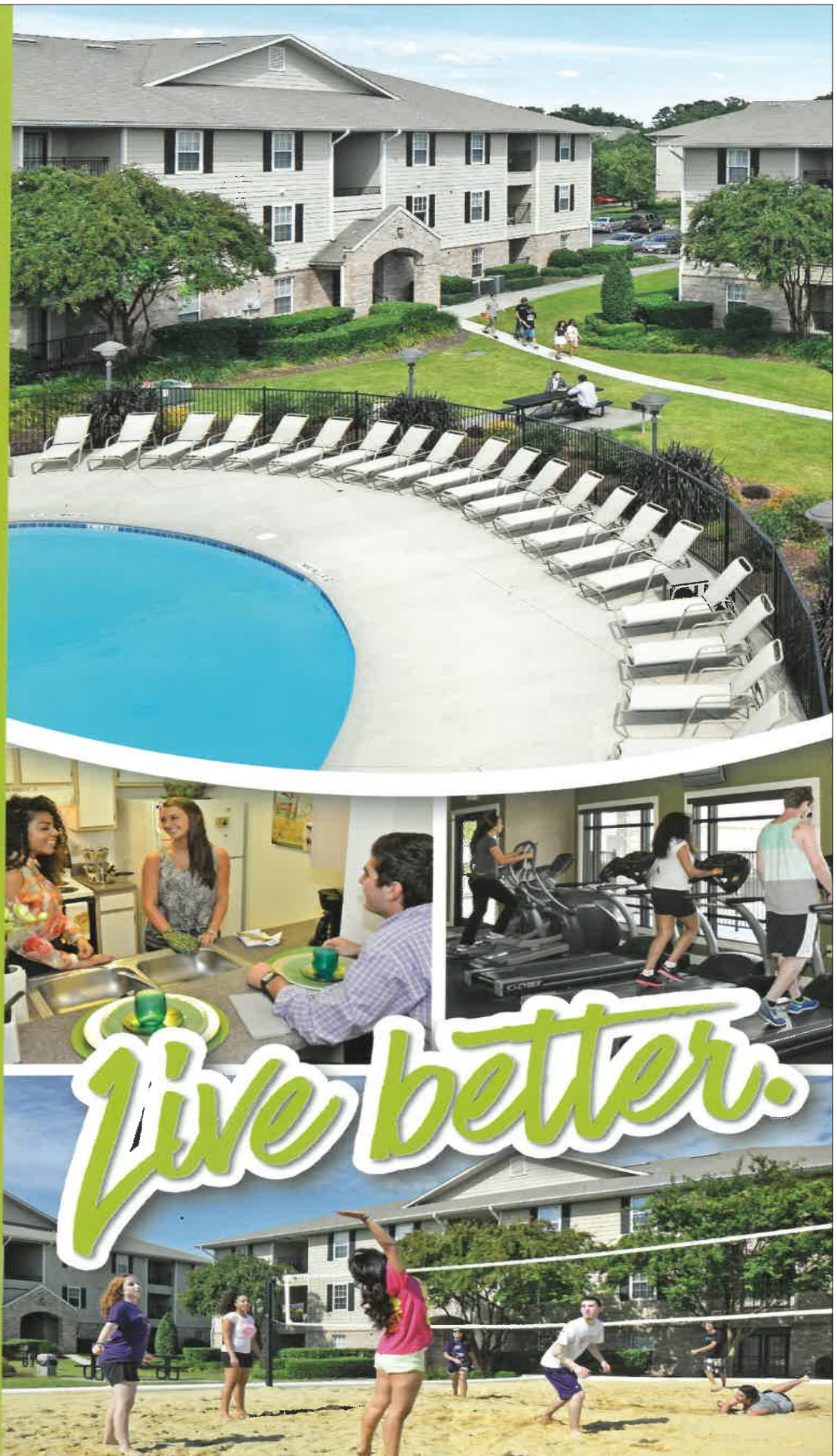
A collection of stylized autumn leaves in various shades of orange, red, and yellow, scattered across the bottom half of the cover. The background is a dark blue-grey color with faint, repeating triangular patterns.

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Experts offer advice on meal strategies

Professors, student encourage low-cost grocery stops

Hannah Bolick
TEC STAFF

Moving off-campus may come with new responsibilities and as students transition from eating on a meal plan to buying groceries they may struggle with money management and shopping strategies.

Cheryl Johnson, an associate professor and program coordinator in family and consumer science education at ECU, said there are certain practices that can help students make the transition from a meal plan smoothly. She said assessing your current diet is a good place to start.

There are multiple questions students should ask themselves before they make a trip to the grocery store to avoid over spending, according to Johnson.

“The best way to plan is to first live your life like you already are right now and record what you do,” Johnson said. “How often do you go out to eat? What kinds of foods do you eat most often? What foods do you think you would like to try? And then don’t worry about price at first. Think about food.”

After recording your food for a week, Johnson said to plan out a grocery list based on your findings.



Cheryl Johnson Some tips Johnson said could reduce cost are to eat in season, avoid individually packaged foods, and buy off-brand products. She said planning meals with roommates or freezing portions

Then after that first week, she said to evaluate what you liked and what you threw away or ran out of. Then adapt the next week’s list accordingly.



ANNA ALLEN | THE EAST CAROLINIAN

Aldi, located on E 10th Street, continues to offer affordable groceries for college students who shop on a low-cost budget meal plan.

for later can help reduce waste. Johnson said students should consider how they shop as well.

“You shop the perimeter of the store. If you go around the perimeter of the store you’re going to get the milk, the eggs, the meat, the bread, the vegetables. If you go down every aisle you’re going to see lots of packaged foods, canned foods, things that are not as healthy,” Johnson said.

Aldi, Lidl and Food Lion are Johnson’s go-to grocery stores. She said Aldi and Lidl have very low prices, but not as large of a product selection as Food Lion. She said she suggests students try shopping at various stores to find the one that

suits their needs.

Bernice Dodor, associate professor in the department of human development and family science, said for students to be sure they are not wasting food, they should look critically at what they are buying to ensure they will be able to use everything they purchase.



“If you’re not going to cook the food, then don’t waste your money buying it because it is just going to get rotten in your fridge and you will

have to throw it away. And so students need to actually look at what they are buying,” Dodor said. “Is it perishable? How long is it going to last in my fridge? And if you know you are not going to have the time to cook that meal, then don’t buy that item until you need it.”

When moving off-campus and beginning to cook, students also need to consider what cookware and utensils they will need. Dodor said that for beginners, gadgets like the Ninja Foodi and Instant Pot have many functions to aid with cooking. She said she suggests shopping at Dollar Tree for cooking utensils and

> MEAL page B4

Campus Living prepares for students' return

Residence halls work to implement health, safety guidelines

George Martin
TEC STAFF

East Carolina University has allowed for more than 800 students to live in on-campus residence halls on College Hill as classes operate completely virtually for the second block of the fall 2020 semester.

Aaron Lucier, the director of housing operations with Campus Living, said students were offered available spaces inside residence halls at the beginning of Block B. He said 127 students moved back into residence halls for the second block.

"We consolidated everybody to College Hill from across campus. We took everybody out of College Hill Suites so that could be our COVID(-19) facility because it is the most

suitable to that," Lucier said.

Students who live in residence halls for the current block as well as next semester will live by themselves in the dorm, Lucier said. Single occupancy rooms have helped cut down on the amount of transmission and lowered the amount of quarantining students, he said.

The university will waive the increased cost associated with having a single dorm for the remainder of the fall 2020 semester as well as for the spring 2021 semester, Lucier said. He said the university wants to see more than 1,800 students return to live on-campus, compared to an average number of over 5,000 students in residence halls.

"We will require, for all students



HALIE MILLER | THE EAST CAROLINIAN

The bridge which connects Gateway West and East sits at the top of ECU's College Hill.

coming back, including students coming back from break, to be required to have a COVID(-19) test within seven days of their arrival," Lucier said. "So we will start out at a better place testing wise and we will keep the plans we have in place

going."

Lucier said no new rules have been placed on those who have decided to live on-campus for the semester. He said he thinks students began

> **CAMPUS** page B8

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MEAL continued from B3

containers to save money.

Junior public health major Gianna Bonfiglio has an Instagram page dedicated to educating others on how to live a healthy lifestyle. She said cooking ahead for certain meals is a strategy she has found to eat well and avoid eating out too often despite a busy schedule.

For students who receive their work schedule ahead of time meal prep can help benefit

"I started (meal preping) doing (that) on the days I work, around two or three whenever I want to do it, I'll go ahead and make myself dinner at that time and I'll just throw it in the fridge, and



Gianna Bonfiglio then when I come back from work I can just pop it back in the oven or the microwave

real quick so I can eat it real quick when I get home," Bonfiglio said.

Rather than meal prepping for the week, Bonfiglio said she plans a few meals she can make any day of the week rather than planning strictly. She said she plans her meals so components are used in multiple meals so she isn't wasteful but doesn't have to eat the same leftovers multiple times. Switching up the variety of dishes while meal preping is most recommended by Bonfiglio so you do not get tired of repeating the same exact process.

Bonfiglio said she uses Pinterest to find many of her recipes and said it also has a lot of cooking tutorials that might be useful to beginner cooks. She said overall, research and planning ahead are the most important things to consider when transitioning to cooking for yourself.

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Pet ownership rewards, takes responsibility

Animal adoption requires care, attention from students' university routines

Pat Polomchak
TEC STAFF

When transitioning to college, most students start to realize that they are adults that can make their own decisions and exercise that freedom by getting a pet, however, pets bring with them a lot of responsibility that many people don't consider until it is too late.

Shelby Jolly, director of the Humane Society of Eastern Carolina (HSEC), said a huge majority of the people who come in to adopt are currently in school. She said HSEC sees an increase in adoptions around graduation and move-in for East Carolina University.

"It's their (students) first time on their own, and their family pet loves their family," Jolly said. "They want something that's theirs. They're ready to be adults and take on huge roles, and start their life and make their own little family."



Shelby Jolly

Jolly said students who become first-time pet owners is rare, most of the students who do so wind up adopting cats rather than dogs. She said it is because cats are easier, since they entertain and take care of themselves, and dogs take a lot of training and attention at first.

Pets can also be an expensive investment. Jolly said pet owners are likely to spend up to \$1000 in the first year of owning a dog, while cats can cost up to \$800 per year. She said many students don't consider costs first because their parents typically paid for everything for a family pet, and that it goes beyond just food.

"You get out of (high) school and you've never had to pay hundreds of dollars in medical bills," Jolly said. "So you don't think about it. I just think it's something people should consider more."

Jolly said these bills include vaccinations, regular checkups and medicine to prevent diseases. Despite the financial implications, Jolly said she couldn't really think of any other negatives to pet ownership in school and highly recommends it.

"If you have the time, the money and the heart, I would say go for it," Jolly said.

Another thing Jolly said students should keep in mind when adopting is that getting an animal is a long-term commitment. She said students will often adopt from HSEC while in school without thinking about future apartment complexes and their breed restrictions, pet fees and other restrictions.

The Community for Accredited Online Schools'



KATE FRANCIS | THE EAST CAROLINIAN

The HSEC located at 3520 Tupper Dr. continues to work with college students to increase Pitt County adoption rates.

(CAOS) website said one of the most important things to consider when considering pet adoption is future plans beyond that of the four years of college.

"Most pets will live beyond the four-ish years students will spend in college. Caring for a pet is a long-term commitment that students need to plan for," the website said. "Students should consider things like relocating for work or additional schooling upon graduation, moving back home or moving into shared housing situations, as well as the financial feasibility of having a pet for many years."

The CAOS website said one of the biggest benefits of having a pet in college is that it can provide a boost to mental health. It said pets can also provide incentive to exercise as well as providing companionship.

"They're there for students after a long day of classes, and they usually don't mind listening to rants about professors and coursework," the website said. "Students struggling to make friends may especially benefit from pet ownership."

Danielle Ryan, a junior criminal justice major, said she currently owns two dogs and two horses. She said her horses stay in a barn away from where she lives in town, so time management is the most difficult part of having that many animals while in school.

"Just spending enough time with them, (so) that they

have a reason to be out here (in Greenville)," Ryan said. "I have two horses out here so having them is a waste of time if I don't go out there (to the barn)."

Ryan said when things get particularly busy, such as during exam week, she has sent her horses home so that she could focus on her studies. She said the most important thing to keep in mind when considering getting a pet is that there is someone that can be trusted to take care of them when the student can't.

Ryan said students also need to make sure they have enough time to give their animal attention and care before deciding to get one.

"You can't just get a pet and not ever spend time with it," Ryan said. "They need attention, they need something to do. Otherwise they're just bored. Even though it (spending time with pets) can be stressful, it can help you relax and get your head out of doing schoolwork all the time."

Photo Gallery on page B8



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Off-campus student apartment guide

Outdoor, indoor styles offered throughout Greenville for rent this season

Dylan Woolard
TEC STAFF

Students at East Carolina University have a variety of options when it comes to living off-campus. Here are 16 complexes at ECU to help you navigate the best option for you.

33 East

Located at 3305 E 10th St., this apartment complex offers amenities which include two swimming pools, a 24-hour fitness center, sand volleyball, basketball and tennis courts. Residents have access to two clubhouses with wifi, pool tables and TV's. 33 East offers a single floor plan in its fully-furnished four bedroom, four private bathroom plan including hardwood-style floors, in-unit laundry, internet and a full kitchen with a dishwasher and microwave.

The Boundary at West End

Located at 630 Cotanche St., this apartment complex offers fully-furnished studios, one, two, three and four bedroom options with private bathrooms. Units come complete with stacked washer and dryer combinations and faux stainless steel kitchen appliances. Residents at the Boundary have access to a 24-hour fitness center, a resort-style pool with a swim-up bar, gaming and multipurpose room and a sand volleyball court.

University Park

Located at 1110 E 10 St., this apartment complex offers both one and two bedroom/bathroom options and a two bedroom option with just one bathroom. All plans include an in-unit washer and dryer as well as cable and internet. University Park is pet friendly and includes it's own dog park for residents alongside a grilling station and firepit.

The Bower

Located at 1526 S Charles Boulevard, this apartment complex's available floor plans include a three bedroom and three bathroom option, four bedroom and two bathroom option and lastly a four bedroom three bathroom option. Units come fully furnished with leather-style furniture, full-sized washer and dryers and internet included. The Bower's community amenities include sand volleyball, basketball and tennis courts as well as a pool and 24-hour fitness center.

University Edge and Dickinson Lofts

Located in Uptown Greenville at 550 Pitt-Greene Connector, this apartment complex's available floor plans include one, two and four bedroom and bathroom options which come fully furnished along with full-sized washer and dryers, internet included and an appliance package. Residents can also enjoy the heated pool and sun deck, luxury game and social room as well as a fitness center and private study rooms.

Campus Pointe

Located at 2230 Greenville Boulevard NE, this apartment complex's available floor plans include a two bedroom and two bathroom plan along with a three bedroom and three bathroom plan. Apartments come furnished with kitchen appliances, full sized washers and dryers in-unit and cable. Community amenities include a spa, pool, TV lounge, club house, fitness center, tanning bed and a business center.

Sunchase Apartments

Located at 2201 Greenville Blvd. NE, this apartment complex offers two, three and four bedroom options with a matching number of bathrooms made available to them. Private balconies, all inclusive utilities and washers and dryers are what residents can expect inside. As for the community amenities outside, Sunchase offers beach volleyball and basketball courts, 24-hour fitness center, a fire pit and a 24-hour business center.

Proximity at 10th

Located just across the street from ECU's student center at 306 E 10 St., this apartment complex offers studio, one, two, three and four bedroom options, each with a matching number of bathrooms. Each plan comes fully-furnished and includes kitchen appliances and a washer and dryer combo. Proximity at 10th can offer residents access to its resort-style swimming pool, grilling and picnic stations, 20+ study rooms and an indoor/outdoor yoga lounge.



HALIE MILLER | THE EAST CAROLINIAN



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Copper Beech Townhomes

Located at 2001 Copper Beech Way, this apartment complex offers four floor plans with one, two, three or four bedrooms and bathrooms. Each plan comes with extended cable, high speed internet, an in-unit washer and dryer and private suites for each resident. Residents can enjoy Copper Beech's newly renovated state-of-the-art fitness center, basketball and volleyball courts, swimming pool, fire pits and indoor tanning.

The Province

Located at 504 Boxelder Way, this apartment complex offers one, two, three and four bedroom and bathroom options which all come fully furnished and include kitchen appliances, washers and dryers, cable/satellite and internet. In the case of applicable floor plans, residents can enjoy their own personal balcony attached to the unit. Community amenities include a swimming pool, 24-hour fitness center, business center and clubhouse.

Carolina Creek Apartments

Located at 2200 University Suites Dr., this apartment complex offers a three bedroom and three bathroom floor plan which is available fully-furnished with stainless steel kitchen appliances, private bedrooms and bathrooms, in-unit washers and dryers, and a private patio. A pool, 24-hour fitness center, hammock garden and a dog park are all included in Carolina Creek's community amenities.

The Landing

Located at 1920 Exchange Dr., this apartment complex offers fully-furnished two, three and four bedroom and bathroom options which include private bedrooms and bathrooms, fully equipped kitchens, covered private patios and washers and dryers. As for what to expect from the community amenities, residents have access to a swimming pool, stainless steel grills, picnic areas, a dog park and basketball and volleyball courts as well.

The Davis

Located at 3535 E 10 St., this apartment complex offers a three bedroom with three bathroom plan, four bedroom with two bathroom plan and a four bedroom and three bathroom plan. All units come fully furnished and move-in ready. Community features like barbecue grills, a swimming pool, hot tub, sand volleyball and basketball courts are all made available to residents. The Davis also features a clubhouse complete with a coffee bar.

Gather Uptown

Located at 400 S Greene St., this apartment offers studio, two, three and four bedroom and bathroom floor plans that come fully furnished with custom design packages, full-sized kitchens with stainless steel appliances, private bathrooms and granite and tile finishes. Community amenities at Gather Uptown include a 24-hour fitness center, a gaming room, rooftop terrace, study lounge and a resort-style swimming pool and jacuzzi.

The District at Tar River

Located at 1725 E 1 St., this apartment complex can be found where residents can choose from a one bedroom and one bathroom option, two bedroom one and a half bathroom option and a three bedroom and one and a half bathroom option. The District at Tar River also offers two four bedroom options, one with two and a half bathrooms and the other with three. Community amenities include a fitness center, pool, dog park and study rooms.

The Eastern on 10th

Located at 2301 E 10 St., this apartment complex's available floor plans include one, two and three bedroom and bathroom options. Private bedrooms and bathrooms, plank wood flooring and granite countertops can be found inside, but select units have access to private patios and balconies.

The Paramount 3800

Located at 3800 Bostic Dr., this apartment complex offers a four bedroom and four bathroom floor plan which is available fully-furnished with stainless steel kitchen appliances, private bedrooms and bathrooms, in-unit washers and dryers, and inclusive WiFi. A pool, 24-hour fitness center, study room and a dog park are all included in Paramount's community amenities.

Campus Towers

Located at 635 Cotanche St., this apartment complex offers a one bedroom/one bathroom and two bedroom/two bathroom floor plan which is available fully-furnished with walk-in closets in select units, in-unit washers and dryers, inclusive WiFi and cable/satellite. There is a business center, clubhouse, TV lounge, tanning bed, barbecue grills and a picnic area available for residents to enjoy. The building implements controlled access and offers bike racks for those who cannot bring their car to campus.

Bellamy Greenville

Located at Bellamy Dr., this apartment complex offers a two bedroom/two bathroom and four bedroom/four bathroom floor plan which is available fully-furnished with sleek black appliance, in-unit washers and dryers, inclusive WiFi and cable/satellite. There is a grilling and picnic area, salt water pool, on site storage available, a car-wash area, a game lounge with pool tables and a 24-hour computer lab. The complex is also gated with security on watch during the evening in front of the front office. This complex is pet friendly and additionally includes walk-in closets.

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CONTINUED from B5**» Photo Gallery**

MICHAELA EMORY | THE EAST CAROLINIAN

An older dog greets his potential owners at HSEC while he sits in the outdoor play area.

MICHAELA EMORY | THE EAST CAROLINIAN

Maverick jumps in a gated field toward the camera as he waits to be adopted at the HSEC.

MICHAELA EMORY | THE EAST CAROLINIAN

A beagle sits inside one of the outdoor waiting areas at HSEC while they wait to find their forever home.**CAMPUS** continued from B4

to understand the severity of COVID-19 after the university made the switch to all-online instruction for undergraduate courses, which he said may have caused some to take precautions more seriously as well.

Students are no longer put into quarantine at off-campus sites such as the Paramount 3800, located at 3800 Bostic Dr., where students who needed isolation were sent at the beginning of the semester, according to Lucier. He said instead, they are now placed into isolation inside College Hill Suites.

“Bringing (a quarantine site) on-campus to College Hill Suites, when a student does test positive for COVID(-19), we can move quicker because we aren’t waiting for transportation, the student can go get their items to move over, and it’s just a much better process,” Lucier said. “We learned a lot through that first round and

we put it into action. Interim Chancellor Ron Mitchelson said he is comfortable with a return to campus because of the precautions that are put in place to limit the spread of COVID-19. Single occupancy dorms and on-campus quarantine areas will both benefit students who decide to live in residence halls in the spring.

The university will do a much better job at isolation and quarantine, according to Mitchelson. He said the act of isolation takes a toll on everyone, so the university will try and find ways to make it easier on those in quarantine.

“The single occupancy only will permit us to manage our way through any surge right. I’m really happy that we’ll have more students on campus,” Mitchelson said.

The only reason ECU would revert back to all online instruction for undergraduate courses would be if the university can no longer care for students properly, according to Mitchelson. He said he does not think ECU will get anywhere near its

capacity in terms of student healthcare.

Colton Matthews, a sophomore engineering major, said he hopes to be back on campus by the spring after he experienced remote instruction this fall. The opportunity to live in a residence hall is a quintessential part of the college experience, according to Matthews, but he said that public health comes before anything else.

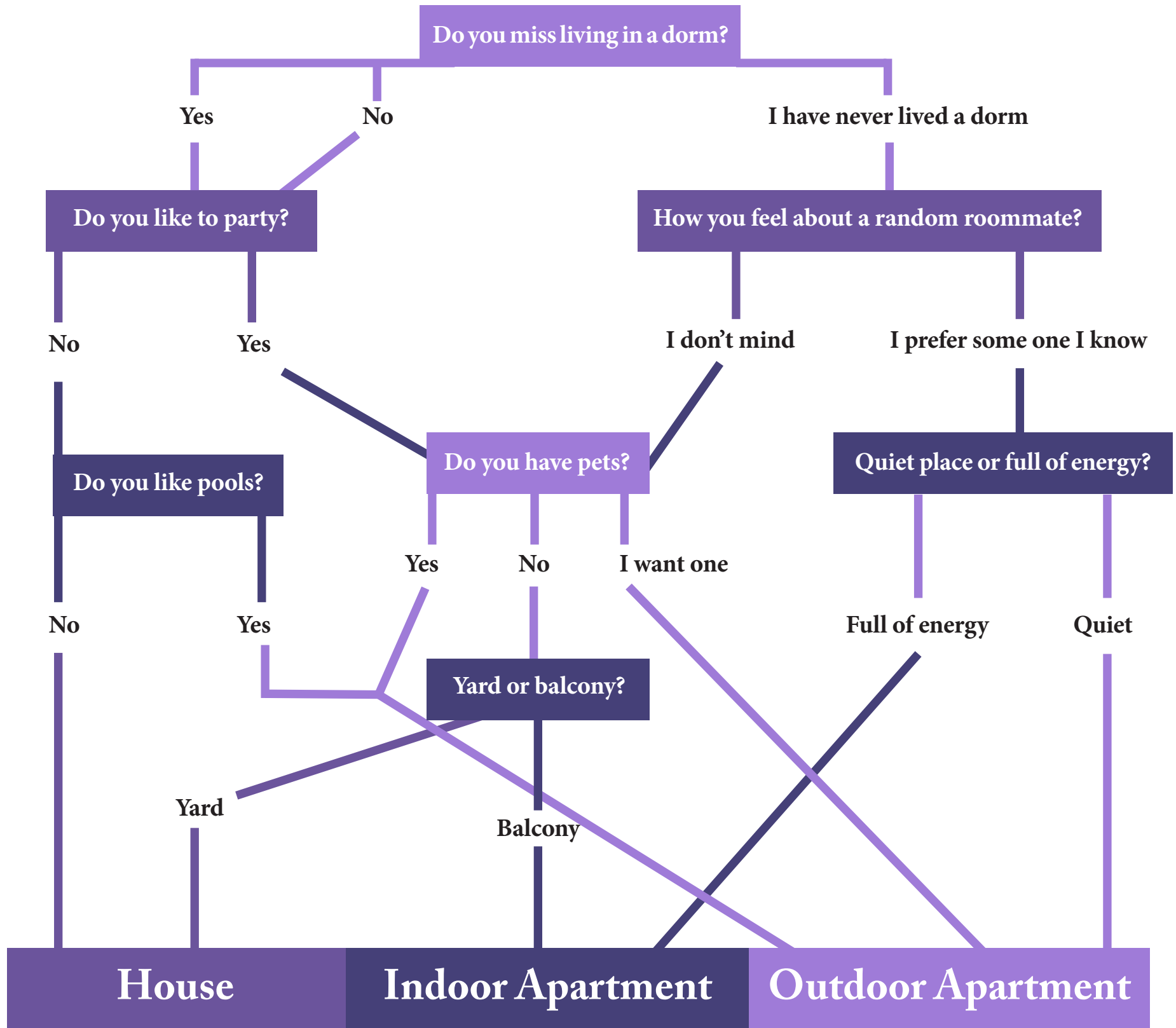
It is important to follow guidelines that the university and government post about the coronavirus, Matthews said. He said ECU students learned their lesson about COVID-19 the hard way during the first block of the fall semester.

“I think the fact that we had to go completely online because the numbers kept rising will tell students that this is something serious that people really need to be careful about,” Matthews said.

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What rental option best fits your lifestyle?

Giana Williams
TEC STAFF



University transit takes precautions

ECU transportation services continue with scheduled routes

Macie Tano
TEC STAFF

East Carolina University offers students transportation to and from campus, to some apartment complexes and also to a few set locations around Greenville, North Carolina.

Many students utilize ECU Transit for a variety of purposes. There are a few different routes the transit services offer, which include on campus transportation, off-campus transportation and shopping center routes.

For its on-campus services, the ECU Transit system has four different routes it follows which takes students to different locations on campus and uptown. The Gold route circulates around Main Campus, and has two different routes, 301 Gold, the daytime route, and 805 Gold, the night route, according to the ECU Transit website.

“This route (301 Gold) circulates between Main Campus Student Center, West End, Curry Court (D-Zone parking), Minges, College Hill East and Christenbury Gym bus terminal. It operates out of the Main Campus Student Center on a 15-minute frequency Monday through Friday from 7:30 a.m. until 6:00 p.m.,” the ECU Transit website said. “The last trip departs (the) Main Campus Student Center at 5:45 p.m. At the completion of its last trip, this route will operate as 850 Gold.”

The second campus route is the 305 Uptown route, which goes to and from ECU or Greenville’s uptown locations, such as B2 Parking next to Sup Dogs, the Human Resources office, the Payroll Office and First Street Place apartments. This bus route operates out of Speight and is available from 7:40 a.m. to 5:40 p.m., the ECU Transit website said.

Route 302 is the transit route for ECU’s Health Sciences Campus. This



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An East Carolina University employee works to transport students safely during COVID-19.

route is used by students in the Brody School of Medicine, according to the ECU Transit website. The last on-campus route is 304 Campus Circulator, which goes to various locations on Main Campus, like 301 Gold, but with a few more stops.

“Route 304 Campus Circulator will service locations around Main Campus such as the (Main Campus) student center, West End, Central Campus along 5th street, Speight, College Hill B lot parking and Christenbury (Gym),” the ECU Transit website said. “This route

operates out of the main campus student center on a 20 minute schedule Monday through Friday from 7:40 a.m. until the last trip departs the main campus student center at 5:40 p.m.”

For students who need to purchase groceries and other essentials and don’t own a vehicle, the ECU Transit system provides an off-campus route which takes ECU students to and from the Walmart located at 4600 E 10th St. It operates out of the Main Campus Student Center on the weekends from 12:30 to 6:30 p.m., stopping at West End

and College Hill, according to the ECU Transit website.

For students who live off-campus, the ECU transit system also provides transportation to and from campus from various student apartment complexes. These include but are not limited to The Bellamy, Copper Beech, The Davis, 33 East, Paramount 3800 and Sunchase. A full list of apartment complexes the ECU Transit system serves is available on the ECU Transit website.

Dylan Regling, a junior psychology major, said he had begun using the ECU Transit system in 2019 when he moved to Paramount 3800 Apartments, located at 3800 Bostic Dr. He said while there were benefits to using the transit system, however, there were also downfalls.

“I liked that I didn’t have to use my gas, but I didn’t like having to get up earlier to wait at the bus stop or having to wait after my class for the bus to take me back. At times, it took too long in my opinion. At most other apartments the bus comes every 15 min(utes), (but) Paramount’s bus only comes every 30 (minutes),” Regling said. “There were times when I would be 30 min early to campus with nothing to do because there wasn’t a later bus that wasn’t too late.”

Regling, who began to drive himself to campus and park in the Main Campus Student Center parking deck prior to COVID-19, said while the bus would take a while at times, he would still recommend ECU students to use it, as they won’t have to worry about wasting gas or paying to park on campus.

More information on ECU’s Transit system is located on the ECU Transit website.

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Close quarantines raise concerns

Living in shared spaces in pandemic presents new challenges

Sarah Hooper
TEC STAFF

As COVID-19 continues to spread throughout communities and universities, students may feel overwhelmed by the idea of a roommate contracting the virus, but East Carolina University Off-Campus Student Services (OCSS) continues to offer advice to those who are concerned.

Brandy Daniels, the assistant director for ECU Off-Campus Student Services, said the COVID-19 situation is difficult because nobody will know how this has impacted students until the pandemic subsides. Daniels said she believes there will be a bigger fallout in a year or so and we will truly see if students have adjusted or not to the new normal.

“In an apartment, you aren't with your family. And that's supposed to be your place where you can take your mask off, but in some ways you can't because these are not your family members and you don't know where they've been during the day. I still advise students to wear a mask in your common area,” Daniels said.

As far as anxiety goes and everything that comes with not knowing, Daniels said she still wants to have students be aware of the Center for Counseling and Student Development (CCSD) at ECU. While you cannot go into the building, the center will still meet virtually, according to Daniels.

Daniels said if a roommate is allowing a lot of people to come into your space, then students can call their office and the office can help reach out to the staff of the apartment complex to see what the policies are with COVID-19.

Daniels said most students who she has spoken to that have been positive for COVID-19 have not needed to go to the hospital, and were asymptomatic. She said because of this, it is important that students limit the number of people coming into their apartments and homes, because anyone can carry the virus without



HAILE MILLER | THE EAST CAROLINIAN

East Carolina University students and roommates Julia Maggio (Left) and McKenna Holley (Right) cook a meal together in close quarters.

knowing it.

Faith Harvey, a senior chemistry major, who is also a resident and employee at The Davis Apartments, said residents continue to report positive COVID-19 cases to The Davis's main office.



Faith Harvey

“As soon as residents report their positive cases to us, we suspend all in person contact between them and office staff until they can provide a negative test to us,” Harvey said.

Harvey said there have not been any clusters within The Davis, but single instances within most apartments that report a positive case. She said The Davis

is diligent about sanitizing and wearing masks.

Anytime someone is around people they don't usually see, they need to wear a mask, according to Harvey. She said it is the moral and ethical thing to do right now.

“While it might be scary to live with people during times like this, you can still sanitize your space and wear a mask when using shared spaces to make sure you're putting your health first,” Harvey said.

Tiffany Vega, the administrative support associate within the ECU OCSS office, said her office saw an influx of calls related to lease cancellations for students early on in the pandemic and during the fall transition to online courses.

Vega said she recommends that students speak to their roommates about

safety practices during the entirety of the COVID-19 pandemic. She said it is imperative there is a necessary amount of communication between roommates to ensure residents are on the same page.

“We provide information via our website on navigating COVID-19 safety conversations with roommates on our website. There are tips for hosting socially distanced events off campus and having COVID-19 conversations with roommates,” Vega said.

Resources for sharing spaces with roommates during COVID-19 can be found on the OCSS website, as well as the ECU Counseling Center's website.

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