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COVID-19 Isolating within the Household

- If possible, have the person who is sick stay in and use their own separate bedroom and bathroom. Try to stay at least 6 feet away from the sick person.
- If you must share space, make sure the room has good air flow.
 - Open the window to increase air circulation.
 - Improving ventilation helps remove respiratory droplets from the air.
- Avoid having any unnecessary visitors.
- The person who is sick should wear a mask when they are around other people at home.
- Put on a mask before entering the room.
- Wear gloves when you touch or have contact with the sick person's blood, stool, or body fluids, such as saliva, mucus, vomit, and urine. Throw out gloves into a lined trash can and wash your hands right away.



Eat in separate rooms or areas.

- The person who is sick should eat (or be fed) in their room, if possible.
- Handle any dishes, cups/glasses, or silverware used by the person who is sick with gloves. Wash them with soap and hot water or in a dishwasher.
- Clean hands after taking off gloves or handling used items.
- Do not share dishes, cups/glasses, silverware, towels, bedding, or electronics (like a cell phone) with the person who is sick.

Clean and disinfect "high-touch" surfaces and items every day including tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks, and electronics.



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- **If you are using a separate bedroom and bathroom** only clean the area around the person who is sick when needed, such as when the area is soiled.
 - If they feel up to it, the person who is sick can clean their own space.
- **If sharing a bathroom**, the person who is sick should clean and then disinfect after each use. If this is not possible, wear a mask and wait as long as possible after the sick person has used the bathroom before coming in to clean and use the bathroom.
- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Wash and dry laundry.

- Do not shake dirty laundry.
- Wear disposable gloves while handling dirty laundry.
- Dirty laundry from a person who is sick can be washed with other people's items.
- Wash items according to the label instructions. Use the warmest water setting you can.
- Remove gloves, and wash hands right away.
- Dry laundry, on hot if possible, completely.
- Wash hands after putting clothes in the dryer.
- Clean and disinfect clothes hampers. Wash hands afterwards.

Use gloves when handling trash.

- Place all used disposable gloves, masks, and other contaminated items in a lined trash can.
- Use gloves when removing garbage bags, and handling and disposing of trash. Wash hands afterwards.
- If possible, dedicate a lined trash can for the person who is sick.



Caregivers and anyone who has been in close contact with someone who has COVID-19 should track their own health and stay home 14 days after their last close contact with the person who is sick.

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