

HOW TO PROTECT YOUR FAMILY'S HEALTH WHILE CARING FOR A SICK HOUSEHOLD MEMBER



If you cannot provide a separate room and bathroom for a person who is sick with COVID-19, try to separate them from other household members. Try to create adequate separation within your household to protect everyone, especially those people at higher risk (those over 65 years and those who have medical conditions).



Follow these tips when isolating a household member who is sick:

- Keep 6 feet between the person who is sick and other household members.
- Cover coughs and sneezes, wash hands often and do not touch your face.
- Have the sick household member wear a cloth face covering when they are around other people at home and out (including before they enter a doctor's office).
- Keep people at higher risk separated from anyone who is sick.
- Have only one person in the household take care of the person who is sick. This caregiver should be someone who is not at higher risk for severe illness.
- Clean and disinfect all surfaces that are touched often, like counters, tabletops, doorknobs, keyboards and bedside tables. Use soap and water and household cleaning sprays and wipes according to the label instructions.
- Open windows to bring fresh air into the home.
- Only allow visitors into the home that absolutely need to be there, like a caregiver.
- Do not share personal items like phones, dishes, bedding or toys.
- If household members must share a bathroom with someone who is sick, have the person who is sick clean and disinfect frequently touched surfaces in the shared bathroom before entering it to clean and disinfect or to use the bathroom.