Protect Yourself When Someone at Home has
COVID-19

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Prevent the spread of germs. As much as possible, have the person who is sick stay in one room, away from EVERYONE in the home.

- If your home has more than one bathroom, one should be reserved for the person under care.

- Everyone should avoid sharing personal household items, like dishes, towels and bedding.

If you have facemasks:

- Have the person who is sick wear one if they are around others.

- Have the person wear one when receiving care.

- If the person needs to leave home for any reason, they should put on a facemask before they leave their room and keep it on.

- If the person can't wear a facemask, others in the household should wear facemasks when caring or interacting with the person.

You should not have any unnecessary visitors in your home at this time.

Wash Your Hands Often

Use soap and water for at least 20 seconds, especially after interacting with the person under care.

You can also use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Practice face hygiene: Don't touch your eyes, nose or mouth.

Clean Surfaces

Every day, clean all surfaces that are touched often, like counters, tabletops and doorknobs.

Use cleaning sprays or wipes and follow label instructions.

Wash Laundry Safely

Steps for washing the laundry of the person under care:

1. Before you touch their laundry, put on disposable gloves.

2. Carefully put their laundry into the washer—the laundry shouldn't touch your body.

3. After you remove your gloves, wash your hands immediately.