

If someone in your household has COVID-19 – whether or not they are sick – they need to stay at home for at least 10 days, as advised by the Health Department, unless they need medical care or for some other essential service like going to a pharmacy.

This document describes how others can stay safe if someone in the household has been infected with COVID-19. This is especially important in households that are more crowded and where someone in the household is older than 60 years old or has an illness that may increase their risk of severe COVID-19.

In addition to general recommendations for the whole household, there are special recommendations for the three highest risk areas or activities: the bedroom, the bathroom, and eating meals.

GENERAL RECOMMENDATIONS

1. The person with COVID-19 should stay in their own bedroom as much as possible. If they go elsewhere in the house, including to the bathroom, they should wear a cloth face covering at all times.
2. Have one person in the household take care of the person with COVID-19. The person providing care should not be older than 60 years old or have a disease that increases their risk of illness. The caregiver should deliver meals and clean where the sick person has been. They also should limit the contact they have with other household members in case they become infected with COVID-19.
3. No visitors should come into the household unless it is essential.
4. Don't share personal items such as phones, dishes, bedding or toys.

IN THE BEDROOM

1. If possible, the person with COVID-19 should have their own bedroom.
2. If they must share a bedroom, take these precautions:
 - Never share a bed with someone who has COVID-19
 - Keep beds more than 6 feet (2 meters) apart
 - Use a divider to separate the bed of the sick person from others in the room
 - Have the caregiver disinfect surfaces in the room that the sick person may have touched at least twice a day; they should wear a face covering and gloves when cleaning and wash their hands after cleaning

IN THE BATHROOM

1. If possible, the person with COVID-19 should have their own bathroom.
2. If they must share a bathroom, take these precautions:
 - Make sure there is soap for handwashing; wash hands for 20 seconds or longer each time
 - Have a separate towel for the person who has COVID-19
 - Several times each day, have the caregiver use a bathroom cleaning product to clean surfaces the person with COVID-19 may have touched such as the light switch, the faucet handles, and the toilet flush; they should wear a face covering and gloves when cleaning and wash their hands after cleaning

EATING MEALS

1. If possible, the person with COVID-19 should eat in their own room and not with the rest of the family, with the caregiver delivering a plate to them and picking up the plate when they are done; and the caregiver should wash their hands afterwards.
2. Everyone should wash hands with soap for at least 20 seconds before eating.
3. Don't prepare food if you have COVID-19 and stay out of the kitchen, if possible.

