

## Novel Coronavirus (COVID-19)

# Instructions on limiting the spread of COVID-19 between household members

### If you are sick:

- Stay home and isolate yourself by choosing a room in your home that can be used to separate yourself from others, with a separate bathroom if possible.
- Avoid close contact by staying 6 feet apart from others and keep interactions quick.
- Use a mask if you can when you are around other people.
- Have others wear a mask if you are not able to when in the same room.
- Do not share dishes, cups, eating utensils, towels or bedding with people or pets in your home. Wash all used items with soap and water.
- Make sure shared spaces in your home have good air flow by using an air conditioner or opening a window.
- Prohibit visitors who do not need to be in the home.
- Restrict contact with pets.
- Cover your cough or sneeze with a tissue, throw the tissue in the trash, then wash your hands.

### Important information for household members:

- If you were in contact with a person who was sick, you should self-quarantine for 14 days. During this time wear a mask that covers your nose and mouth.
- If you are in quarantine, check for symptoms such as cough, shortness of breath or fever. Check your temperature two times a day to be sure the fever is not higher than 100.3 degrees.
- If a household member becomes sick with COVID-19 and you get sick after having contact with them, call your doctor or local urgent care center. When going for your appointment, wear a mask and let the front desk know you have a fever and/or cough and had contact with someone with COVID-19.
- Everyone in your home should clean their hands often, especially after touching their face, mouth or nose. Clean your hands by washing them with soap and water for 15 to 20 seconds or use an alcohol-based hand sanitizer that contains 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.