

How to Avoid Exposure When Living with Someone Diagnosed with COVID-19



If you are a household member or caring for someone diagnosed with COVID-19, there are precautions you can take to avoid exposure so you and others can stay healthy.

LIMIT CONTACT

- **Avoid any physical contact** with the diagnosed person or with their **respiratory droplets** as much as possible.
- **Avoid being in the same room or sharing spaces if at all possible.** This involves being in separate rooms, using different bathrooms, not sleeping in the same bed, and eating in separate areas.
- **Avoid sharing personal items.** This includes dishes, cups, silverware, bedding, towels, and cell phones or other electronics.

WEAR MASK AND GLOVES

- If you are unable to physically distance, **it is important to wear a mask when around the diagnosed person or in shared spaces.**
- If they are able, the diagnosed person should also wear a mask when they are around others.
- **Gloves are recommended** when cleaning and disinfecting the areas and objects used by someone who is diagnosed or when coming into contact with bodily fluids. **Gloves should be carefully removed and discarded after these activities, followed immediately by hand washing.**



CLEAN AND DISINFECT

- Clean hands often with soap and water or hand sanitizer, **especially after being near the person that is diagnosed.**
- Clean and disinfect **“high touch” areas**, such as door knobs, handles, and light switches.
- Use and follow instructions on household disinfectants.
- Clean and disinfect any **area the diagnosed person came in contact with**, including bathrooms or kitchen.

TRACK YOUR OWN HEALTH

- All household members and caregivers should **stay home and quarantine.**
- **Check for symptoms**, including cough, fever, and shortness of breath.



Implement as many of these strategies as you are able.

Contact 211 for help and support when living with or caring for someone diagnosed with COVID-19.

SAFELY SHARE SPACES WITH SOMEONE WHO HAS COVID-19

BEDROOM



If you must share a bedroom with someone who is diagnosed, here are some things you can do to stay safe:

- Make sure there is **good airflow** in the room. If you are able, open a window and turn on a fan to circulate fresh air.
- If possible, **keep beds at least 6 feet apart**.
- Place a physical divider, such as a sheet, shower curtain, quilt, or cardboard poster board, to separate the diagnosed person's bed.
- Sleep head to toe.

BATHROOM



If you must share a bathroom with someone who is diagnosed, here are some things you can do to stay safe:

- The bathroom should be cleaned and disinfected **before and after each use**.
- If the diagnosed person is unable to clean, a designated person should clean the bathroom. This person should **wear a mask** and **wait as long as possible** after the diagnosed person has used the bathroom to enter for cleaning.
- All household members should **bring in their own necessities**, such as soap, towels, and toothbrush, and remove them when they leave. **No sharing of items**.
- **Turn on ventilating fans** to increase circulation in the bathroom.
- Close the toilet seat lid before flushing.

KITCHEN



If you must share a kitchen with someone who is diagnosed, here are some things you can do to stay safe:

- The diagnosed person should not be preparing food. Food should safely be delivered to the diagnosed person.
- Non-disposable dishware and utensils used by the diagnosed person should be handled with gloves and **washed in hot, soapy water or the dishwasher**.
- **Wear gloves** when removing garbage bags and handling trash, carefully remove and discard gloves after use. **Wash hands immediately**.

