

Critical Actions to Stop the Spread

If you have COVID 19, follow these guidelines to help protect your household from the spread of COVID-19.



If someone in your household has COVID-19 and you may have been exposed, you should **stay in your** home until the quarantine period ends.



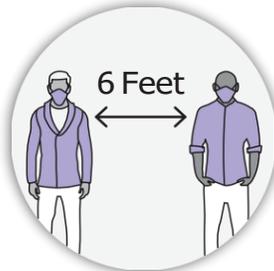
Wash your hands often with soap and water, or use hand sanitizer.



Avoid touching your eyes, nose, and mouth with unwashed hands.



All household members should wear a mask when they are in the same room or space as one another and if they leave home.



Put at least 6 feet of distance between yourself and other people. A mask is not a substitute for physical distancing.



Watch for symptoms and speak to your doctor if you develop fever, cough, shortness of breath, pain or pressure in your chest, or loss of taste and smell.



If you need medical attention, call ahead and tell them you are in a household with COVID-19.



Try to do essential errands online like banking or use delivery options for things like groceries or medications



Clean and disinfect frequently touched surfaces daily.

Caregiver Basics

As the caregiver, please follow these guidelines to keep you and your household safe and healthy.



If possible, the sick person should stay in their own room. Otherwise, designate an area for the sick person or maintain a 6 foot distance from the sick person and others in the household. **Eat in separate rooms** or at different times.



Wash your hands for 20 seconds with soap and water often and especially after touching potentially contaminated items.



Do not share personal items (dishes, utensils, cups, towels, bedding, or electronics) with the sick person.



Always put on your mask before going into the sick person's space and throw your mask away after your interaction. Anytime you have contact with the sick person, you should wear a mask and gloves, and you should thoroughly wash your hands before and after.



Clean and disinfect commonly touched surfaces in your home daily. To limit contact with the sick person, have them clean and disinfect their area if they can, or make sure you are wearing a mask and gloves when you clean.

Help the person who is sick follow their doctor's instructions for care and medication.

Make sure the person who is sick **drinks plenty of water and rests.**

Help with grocery shopping, getting medications, and other items they may need. **Consider delivery, or ask a trusted neighbor to help.**

Use dedicated waste bags for the sick person's used items and used masks and gloves. Keep the waste bags in a safe but accessible place away from people.

Limit contact between the sick person and others in the household.

Track your own health and monitor yourself and others in the home for symptoms.

If You're Sick

If you have or suspect you have COVID-19, please follow these guidelines during your quarantine period to help keep you and your household safe.



Stay home and isolate yourself in a separate room and bathroom, if possible, for the entire quarantine period.



Wear a mask over your nose, mouth, and chin if you must be around other people, even at home. Try to wear a mask as often as possible, even if you are alone, to prevent passing it to others.



Wash your hands often, especially after touching items that others in the household may touch.



Cover your coughs and sneezes with a tissue and discard in your designated waste bag. Wash your hands afterwards



Clean and disinfect all surfaces after each use of a shared bathroom: door handle, light switch, toilet handle and seat, sink, and faucet handles. Wash your hands using your own dedicated soap and dry with disposable paper towels.



Get rest and stay hydrated.

Stay in touch with your doctor and call ahead before seeking any medical attention. If you have trouble breathing, persistent pain or pressure in the chest, confusion, bluish lips or face, inability to wake or stay awake, or other emergency signs call 911 immediately.

Monitor your symptoms and temperature. Check your temperature twice a day. Keep track of how long you have been quarantining.

Write down any questions you have for your doctor so that you can remember them when you next speak.

Do not share personal items like drinking glasses, eating utensils, dishes, towels, or bedding. Also avoid sharing phones, remote controls, and other personal electronics.

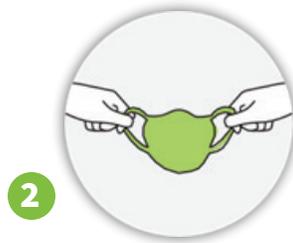
Using a Mask

Follow these guidelines for proper wearing of your mask.

Putting on a Mask



1 Wash your hands thoroughly with soap and water for at least 20 seconds and dry.



2 Hold only the ear loops or straps, and do the following:

- A. Face mask with ear loops: Grab the ear loops and pull them over and around your ears, one at a time.
- B. Face mask with straps: Tie the top straps in a bow behind your head. Tie the bottom straps in a bow below your ears at the bottom of your hairline.



3 Cover your nose, mouth, and chin with the mask. There should be no gaps between the mask edges and your face. You should be able to breathe and feel comfortable wearing the mask.



4 Wash your hands again (follow step 1).

How Not to Wear a Mask



DON'T wear the mask below your nose.



DON'T touch front fabric.



DON'T leave your chin exposed.



DON'T push your mask under your chin to rest on your neck.

Removing a Mask

- 1** Wash your hands before removing the mask.
- 2** Try not to touch the part of the mask that covers your nose and mouth. It may be contaminated.
- 3** Untie the straps or remove the ear loops and take off the mask by holding only the straps or loops.
- 4** Wash your hands (follow step 1).

Caring for Cloth Masks

- 1** Wash the mask after every use in your washer, or hand wash, using laundry soap and hot water.
- 2** Dry the mask with high heat—either in a dryer or using a hair dryer.
- 3** If you notice damage, or if the cloth mask is heavily soiled, it's best to discard and use a new cloth mask.

Hand Washing

To ensure your hands are free of germs, practice these guidelines for proper hand washing. Only use hand sanitizer if soap and water are not available.



1

Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



2

Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.



3

Scrub your hands for at least 20 seconds.



4

Rinse your hands well under clean, running water.



5

Dry your hands using a clean towel or air dry them.

Times to Wash

- After being in public
- Before touching your eyes, nose, or mouth
- After you have touched gas pumps, shopping carts, door handles, cash registers/screens
- Before and after eating
- Before and after caring for a sick person
- Before and after treating a cut or wound
- Before, during, after preparing food
- After using the toilet
- After changing diapers or helping a child use the bathroom
- After blowing your nose, coughing, or sneezing
- After touching an animal, their food, or their waste
- After touching garbage

Cleaning & Disinfecting

Cleaning is removing visible crumbs or grime.

Disinfecting is killing germs, viruses, and bacteria that are invisible on surfaces.



1

Clean surfaces with soap and water or a household cleaner, using paper towels or rags.



2

Next, use a disinfectant spray or wipes on the cleaned surfaces. Completely wet the surface and leave wet for 5 minutes.



3

After 5 minutes, wipe away any solution that has not evaporated.



4

Store disinfectants and cleaning supplies out of reach of children. Dispose of your paper towels or wash rags in hot, soapy water.



5

Wash your hands for 20 seconds after cleaning.

Areas & Surfaces

Household

- Door knobs, locks
- Light switches
- Tables
- Chair backs/arms
- Remote controls
- Keyboards
- Telephones
- Thermostat
- Stairway banister/handrail

Bathroom

- Door knob
- Faucet handles
- Countertop
- Sink
- Toilet seat
- Toilet handle
- Shower areas
- Medicine cabinet
- Cabinet pulls

Kitchen

- Countertop
- Cabinet pulls
- Sink
- Faucet handles
- Appliance handles:
 - Microwave
 - Refrigerator
 - Dishwasher
 - Oven/stove