

**If you test positive, we ask that you stay home for 10 days after the day of symptom onset, and you have had 24 hours with no fever without using fever reducers, and your other symptoms have improved.**

# HOW TO ISOLATE

## WHEN HOUSEHOLD SPACE IS LIMITED



**It's best to have a separate room and bathroom for someone sick with COVID-19, but sometimes that's not possible. Here's what to do when space is limited.**

### FOLLOW PRECAUTIONS

- Keep at least 6 feet between the sick person and everyone else. Be especially careful to keep people at higher risk of severe illness from COVID-19 (older people and people with medical conditions) away from anyone who is sick.
- Wear a mask or cloth face-covering around dishes, others.
- Anyone under age 2, anyone who has trouble breathing, and anyone who cannot remove the mask without help should not wear a mask.
- Cover coughs and sneezes with a tissue or inner elbow.
- Wash hands often.
- Avoid touching eyes, nose, and mouth.
- Don't allow visitors unless they absolutely be in the home.
- Don't share personal items like phones, bedding, or toys.
- Have the sick person eat in a different area the rest of the household, or eat at a different time.

### ASSIGN A COVID CAREGIVER

- Assign one person to help the person who has COVID-19. The COVID caregiver should not be someone who is at higher risk of severe illness from COVID-19.
- Assign a different person for other household members who need help with cleaning, bathing, or other tasks.
- When a person with COVID-19 is not able to care for themselves, the COVID caregiver should:
  - Bring food to the sick person, and wash their dishes.
  - Clean and disinfect in areas where the sick person has been.
  - Wash the sick person's bedding and laundry.

### TIPS FOR SHARED BEDROOMS

- If possible, open a window to bring in and circulate fresh air.
- Place beds at least 6 feet apart, if possible.
- Sleep head to toe.
- Use a curtain, bedspread, large sheet of cardboard, or similar item to separate the sick person's bed from other beds.

### TIPS FOR SHARED BATHROOMS

- If possible, open a window to bring in and circulate fresh air.
- Have the sick person clean and disinfect frequently touched surfaces after using the bathroom, if they are able.
- Wait as long as possible after the sick person uses the bathroom before entering it.