

# 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**.

