

How to prevent the spread of coronavirus (COVID-19) in the home

Many people with coronavirus (COVID-19) or symptoms of COVID-19 like fever or chills, cough, shortness of breath, tiredness, muscle or body aches, headache, sore throat, new loss of taste or smell, congestion or runny nose, nausea or vomiting, or diarrhea are told to stay home to recover. If someone in your home is recovering, take steps to prevent spreading COVID-19 to others inside and outside the home.

Help with recovery

Help the sick person follow their healthcare provider's instructions for medications and care.

If they are getting sicker, call their healthcare provider or local Indian Health Service unit for medical advice. If they have a medical emergency, call 911.

Keep the sick person away from others as much as possible

- **Stay home** and avoid having visitors. If you need to go out, wear a facemask over the nose and mouth.
- **Separate the sick person from others** in the home. If possible, have the sick person use a separate bedroom and bathroom that no one else uses.
- Prepare meals for them and have them eat in their own area.
- **Avoid sharing items** like dishes, eating utensils, towels, bedding, or other items. After the sick person uses the items, they should be handled with gloves and washed with hot water. Wash hands after removing gloves.
- Keep pets away. While the animals won't get sick, they may carry it to other people on their fur, collar, etc.
- Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window.
- The sick person should wear a facemask around other people. If disposable ones are not available, have them wear a cloth mask or something else to cover their nose and mouth. When the mask gets moist or wet, it needs to be changed. Cloth masks can be washed and reused.
- Others can still talk, sing, play, etc. with the sick person from a safe distance (at least 6 feet) or by phone or video.

Healthy practices for everyone

Everyone in the home should **wash hands often with soap and water for at least 20 seconds** or use an alcohol-based hand sanitizer, covering all surfaces of your hands and rubbing them together until they feel dry.

They should also **avoid touching eyes, nose, and mouth**.



Clean and disinfect

- Cleaning removes dirt and germs with soap. Disinfecting kills germs with chemicals.
- **Clean and disinfect all "high-touch" surfaces**, such as counters, tables, doorknobs, light switches, faucet handles, toilets, phones, etc. multiple times each day.
- For disinfecting, use common household disinfectants like Lysol or Clorox, diluted household bleach solutions (4 teaspoons bleach per quart of water), or alcohol solutions with at least 70% alcohol.
- Gloves should be worn for cleaning, but they should only be used for cleaning surfaces for COVID-19. **Wash hands immediately after gloves are removed.**
- If a separate bathroom is not available for only the sick person to use, the bathroom should be disinfected after each use by a sick person.
- Wear gloves when you touch or have contact with the sick person's body fluids, such as blood, saliva, mucus, or urine. Wash hands immediately afterwards.

Wash laundry thoroughly

- Immediately remove and wash clothes, towels, or bedding that have body fluids on them.
- Wear gloves while handling dirty items and keep them away from your body. If gloves are not available, wash hands immediately after putting items in the wash.
- Use a normal laundry detergent according to instructions and dry thoroughly using the warmest temperatures recommended on the clothing label.
- Clean and disinfect clothes hampers.

For more information:
[CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)



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Separate the sick person from others.



Wash hands often with soap and water for at least 20 seconds.



Avoid sharing household items.



Clean and disinfect all "high-touch" surfaces multiple times each day.



Wear a facemask over nose and mouth.



Avoid touching eyes, nose, and mouth.



Wear gloves for cleaning. Wash hands immediately after gloves are removed.



Wash laundry thoroughly.