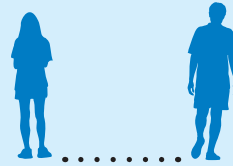


Quarantine and Isolation in a Shared Living Space

Quarantine and isolation are two different ways to maintain distance from others and stop the spread of COVID-19 in the home.

- ◆ **Quarantine** keeps someone who might have been exposed to the virus away from others, including in the home.
- ◆ **Isolation** keeps someone who is sick or infected with the virus away from others, including in their home.



These can be difficult when sharing a home with multiple people. Know the proper steps to keep you and your family safe.

When Should a Person Quarantine?

- If they were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more over a 24-hour period
- If they provided care at home for someone who has COVID-19
- If they had direct physical contact with an infected person (hugged or kissed them or were sneezed or coughed on)
- If they shared eating or drinking utensils with an infected person

It is essential to stay home as much as possible.



Sleep apart. If possible, the person in quarantine or isolation should use a separate bedroom. If not possible, get creative - use curtains, a quilt, shower curtain, or large piece of cardboard to create a separate sleeping space.



Do not share objects. The person in quarantine or isolation should not share items such as bedding, clothing, towels, and dishes with others. This person should also eat separately from others.



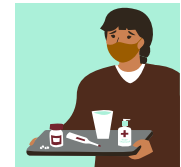
Follow social distancing rules in the home. The person in quarantine or isolation should keep 6 feet of distance at all times and wear a mask when around others. Do not have visitors at the home.



Clean and disinfect shared bathroom after each use. The person in quarantine or isolation should use a separate bathroom. If not possible, this person should clean and disinfect touched surfaces after each use.



Increase air flow as much as possible. Keep windows open throughout the home and turn on a fan to circulate the fresh air if possible. A portable air purifier may also be used if open windows are not possible.



Choose one caretaker. Assign a low-risk member of the household that is younger or without pre-existing conditions to care for the person in isolation. This assigned person should avoid caregiving for others during this time.