

COVID-19 Tips for Home and Family

Please note: The COVID-19 pandemic continues to be a rapidly changing situation, and recommendations may change frequently. Please follow information from your local health department and the Centers for Disease Control and Prevention (CDC) at [cdc.gov/coronavirus/2019-nCoV/index.html](https://www.cdc.gov/coronavirus/2019-nCoV/index.html)—**stay informed!**

PROTECT YOURSELF

- Clean your hands often:
 - Use soap and hot water for 20 seconds, covering all surfaces of your hands.
 - If soap and hot water are not available, use a hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands.
- Don't touch your face! That includes your eyes, nose and mouth.
- Keep your distance—stay at least six feet away from other people.
- Avoid close contact with people who are sick.

PROTECT OTHERS

- Stay home if you are sick, and isolate yourself from others in your household, if possible.
- Cover your coughs and sneezes with the inside of your elbow or with a tissue. (Then, wash your hands!)
- Help your neighbors and those at higher risk (e.g., senior citizens and individuals who are immunocompromised or who have underlying conditions).

HELPING CHILDREN COPE

- Stay on a schedule.
- Engage them in hands-on activities.
- Keep them active with walks (while maintaining social distancing).
- Use technology to stay connected with friends where possible (e.g., FaceTime).
- The CDC's page on helping children cope is a great resource: [cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html)

WHEN SOMEONE IN YOUR HOUSEHOLD IS SICK

- If possible, isolate the person in a separate bedroom and bathroom.
- The person should stay separate from others in the household as much as possible.
- Reduce the amount of cleaning done in the bedroom of the person who is sick to limit exposure.
- If sharing a bathroom, clean and disinfect after each use by the person who is sick.
- Dedicate one trash can for the person who is sick, and use gloves when removing trash bags. Wash hands afterward.
- Have the person who is sick eat in their room, and use gloves and hot water when washing their dishes.

CLEAN AND DISINFECT

- Clean AND disinfect high-touch areas daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks.
- Use detergent or soap and water prior to disinfection.
- To disinfect: Most common household disinfectants will work.
- For soft items: Clean surfaces with soap and water or cleaners appropriate for the type of cloth or surface.
- Electronics: Follow manufacturer's instructions, or use cleaning wipes or sprays with at least 70% alcohol.

LAUNDRY

- Do not shake dirty laundry.
- Consider wearing gloves. (Always wash your hands after glove removal.)
- Use the warmest setting permitted by the washing machine's manufacturer, and dry completely.
- Laundry from a household member who is sick can be washed with other people's laundry, according to the CDC.
- Clean and disinfect clothes hampers.

PLAN YOUR OUTINGS

- Designate one or two people in the household to be the one(s) to run essential errands.
- Avoid close contact with others (i.e., do not go within six feet of other people).
- Wash your hands while you're out, and again when you return home.
- Wipe off any containers or items brought into the home from stores or as carry-out meals.

HAVING GUESTS

- You should not have guests in your home at this time.
- If it is absolutely necessary, they should maintain a six-foot distance. Keep the visit as brief as possible.

PETS

- Outside play with your pet is OK. Just keep a six-foot distance from other people.
- Wash your hands frequently.

