

## COVID-19 and Social Distancing at Home

Provide a separate bedroom and bathroom for the person who is sick, if possible. If you cannot provide a separate room and bathroom, try to separate them from other household members as much as possible.

If possible, have only one person in the household take care of the person who is sick. This caregiver should be someone who is not at higher risk for severe illness and should minimize contact with other people in the household.

- Identify a different caregiver for other members of the household who require help with cleaning, bathing, or other daily tasks.
- If possible, maintain 6 feet between the person who is sick and other family or household members.
- If you need to **share a bedroom** with someone who is sick, make sure the room has good air flow.
  - Open the window and turn on a fan to bring in and circulate fresh air if possible.
  - Maintain at least 6 feet between beds if possible.
  - Sleep head to toe.
  - Put a curtain around or place other physical divider (e.g., shower curtain, room screen divider, large cardboard poster board, quilt, or large bedspread) to separate the ill person's bed.
- If you need to **share a bathroom** with someone who is sick, the person who is sick should clean and disinfect the frequently touched surfaces in the bathroom after each use. If this is not possible, the person who does the cleaning should:
  - Open outside doors and windows before entering and use ventilating fans to increase air circulation in the area.
  - Wait as long as possible before entering the room to clean and disinfect or to use the bathroom.

## Cleaning and Disinfecting Your Home

The best way to protect yourself from germs when running errands and after going out is to regularly wash your hands with soap and water for 20 seconds or use hand sanitizer with at least 60% alcohol.

- Wear reusable or disposable gloves for routine cleaning and disinfection.
- Clean surfaces using soap and water, then use disinfectant.
- Cleaning with soap and water reduces number of germs, dirt and impurities on the surface. Disinfecting kills germs on surfaces.
- Practice routine cleaning of frequently touched surfaces. High touch surfaces include:
- Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.

## **Everyone Should Limit Risks**

Family members should leave only when absolutely necessary. Essential errands include going to the grocery store, pharmacy, or medical appointments that cannot be delayed (e.g., infants or individuals with serious health conditions in need of aid).

If you must leave the house, please do the following:

- Choose one or two family members who are not at a higher risk to run the essential errands.
- Wear a mask, avoid crowds, practice social distancing, and follow these recommended tips for running errands.
- If feasible, use forms of transportation that minimize close contact with others (e.g., biking, walking, driving or riding by car either alone or with household members).

If it's **necessary** to carpool, please do the following:

- **Wear Masks** in a shared vehicle
- **Cover coughs and sneezes**
- **Limit the number** of people
- **Ride to work with the same people**
- Use **fresh air** through **vents** or **windows**
- **Clean** and **disinfect** surfaces often
- Use proper **hand hygiene**

## **Thanksgiving & upcoming holidays**

Thanksgiving is a time when many families travel long distances to celebrate together. Travel increases the chance of getting and spreading the virus that causes COVID-19. Staying home is the best way to protect yourself and others. If you must travel, be informed of the risks involved.

Here are some lower risk activities:

- Having a small dinner with only people who live in your household.
- Preparing traditional family recipes for family, especially those at higher risk of severe illness from COVID-19, and delivering them in a way that doesn't involve contact with others.
- Having a virtual dinner and sharing recipes with friends and family.
- Shopping online rather than in person on the day after Thanksgiving or the next Monday.
- Watching sports events, parades, and movies from home