

Things to do to avoid contact with COVID 19:

- 1) Think ahead for the next 2 weeks and determine what you will need in order to be able to stay at home for the next 14 days.
- 2) Designate a “landing spot” in your apartment for shoes, coats, shopping bags and other outside gear to help keep your living area clean.



If someone in your house is COVID positive and/or becomes ill:

- 1) If a person is infected, designate **one** person to take care of them, to avoid spreading the virus.



- 2) Keep this person isolated as best as possible but close to the bathroom. If possible, confine the sick person to an area of the house/apartment with a separate entrance (e.g. a back or side door)



- 3) If multiple persons are sleeping in the same room, have them sleep head to toe to avoid transmission of the virus. In larger rooms, create temporary physical barriers between beds/sleeping areas, using sheets, shower curtains or curtains with a tension rod or duct tape. If you use a curtain, split it down the middle so you can pass through it easily.



- 4) Have sick person eat their meals away from others.

- 5) If the weather permits, open windows to increase ventilation.



- 6) The primary caregiver should stay home and allow other family members to run errands such as picking up food or prescriptions for them

- 7) Stagger your cooking times to avoid having several people are crammed in the kitchen



- 8) Don't share hand towels with roommates, and regularly disinfect often-used surfaces like counters, faucets and toilet handles, refrigerator handles, phone, remotes, computer keyboard & mouse, and light switches.

- 9) If the bathroom is shared, clean it after each use. If someone in the household is COVID positive, one solution is to have them shower/bathe last, then thoroughly clean the bathroom.

- 9) Wash your hands- long enough to sing the happy birthday song twice.



- 10) Keep a box of tissues nearby the sick person and a plastic bag to dispose of them.

- 11) If you don't have a mask, a bandana or scarf may provide some protection against spreading disease to other family members.

