**CORONAVIRUS DISEASE PRECAUTIONS FOR THE HOME**

(Centers for Disease Control and Prevention, 2020)

These steps will prevent the spread of the virus in your home and community. If you think you were exposed to coronavirus, talk to your doctor to see if you can be cared for at home.

* **Stay home except to get necessary medical care:** Do not go to work, school, or to public areas (such as stores, banks, restaurants, etc.). Do not use public transportation including ride-sharing, UBER, or taxis.
* **Separate yourself from other people and animals in your home:** Stay in one room as much as possible and use a separate bathroom if available. Avoid contact with pets and other animals when you are sick – have another member of your family care for them. If you must care for your pets, wash your hands before and after contact with them and wear a facemask.
* **Call ahead before visiting your doctor:** Let your doctor know you may have coronavirus. This way your doctor can prepare and take steps to prevent other people from getting infected.
* **Wear a facemask:** Wear a facemask when you are around other people or pets, such as when sharing a room or vehicle, and before entering a doctor’s office. If cannot wear a facemask because it makes it hard to breathe, then your family should not stay in the same room with you and they should wear a mask if they enter your room.
* **Cover your coughs and sneezes:** Cover your mouth and nose with a tissue when you cough or sneeze. Throw out the used tissues in a lined trash can and immediately wash your hands.
* **Clean your hands often:** Wash your hands for at least 20 seconds with warm soapy water or use an alcohol-based hand sanitizer containing 60 to 95% alcohol. Cover all surfaces of your hands with the sanitizer and rub them together until they feel dry. If your hands are visibly dirty, use soap and water.
* **Avoid sharing personal house hold items.** Do not share dishes, cups, utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.
* **Clean all “high-touch” surfaces every day.** These include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray according to the directions on the label.
* **Monitor your symptoms.** Seek prompt medical care if your illness worsens or if you develop trouble breathing but call your MD or the Emergency Room before going. If you are placed under active monitoring or self-monitoring, follow the instructions provided by the local health department.
* **Medical Emergency:** When calling 911, notify dispatch you have or are being evaluated for COV-19. Put a facemask on before emergency medical services arrive.
* **Discontinuing home isolation.** Talk to your doctor before stopping your home isolation.

**RECOMMENDATIONS FOR CLOSE CONTACTS & CAREGIVERS OF PATIENTS WITH CONFIRMED OR SUSPECTED COVID-19**

* Help the patient follow their doctor’s instructions for medicines and care. Help the patient with basic needs in the home and provide support for getting groceries, prescriptions, and other personal needs.
* Monitor their symptoms. If they get sicker, call the doctor and tell them the patient has laboratory-confirmed COVID-19. This helps the doctor’s office keep people at the office or waiting room from getting sick. Ask the doctor to call the local or state health department for additional guidance. If they have a medical emergency and you need to call 911, tell the operator the patient has, or is being evaluated for COVID-19.
* All people in your home should stay in another room and stay separated the patient as much as possible. Use a separate bedroom and bathroom, if available.
* Do not allow visitors who do not have an essential need to be in the home.
* Household members should care for any pets in the home. Do not handle pets or other animals while sick.
* If the weather is good, open windows and use air-conditioning to move the air around, especially in shared spaces.
* Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Use soap and water if hands are visibly dirty.
* Avoid touching your eyes, nose, and mouth with unwashed hands.
* The patient should wear a mask when around other people. If they cannot wear a facemask (for example, because it causes trouble breathing), you should wear a mask when you are in the same room as the patient.
* Wear a disposable facemask and gloves when you touch or have contact with the patient’s blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, urine.
* When taking off your gloves and mask, first remove and dispose of gloves. Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer. Next, remove the mask and immediately clean your hands again with soap and water or alcohol-based hand sanitizer. Follow the doctor’s or health department’s recommendations for disposal of masks.
* You should not share dishes, cups, eating utensils, towels, bedding, or other items. After the patient uses these items, you should wash them thoroughly.
* Clean all “high-touch” surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions.
* Wash laundry thoroughly following directions on labels of laundry or clothing items and detergent. Use a normal laundry detergent according to washing machine instructions and dry thoroughly using the warmest temperatures recommended on the clothing label.
* Immediately remove and wash clothes or bedding that have blood, stool, or body fluids on them.
* Wear disposable gloves when handling soiled items and keep soiled items away from your body. Wash your hands immediately after removing your gloves.
* Dispose of gloves, facemasks, and other contaminated items in a lined container/bag before putting it in your regular trash. Wash your hands immediately after handling these items. Use soap and water if hands are visibly dirty.
* Discuss any additional questions with your state or local health department or healthcare provider. Check available hours when contacting your local health department.