

Prevention Steps for Caregivers and Household Members

If you live with or care for a person who has confirmed COVID-19 infection, or is being evaluated for COVID-19 infection, you should:

- **Limit visitors.** Restrict visitors who do not need to be in the home. Other household members should stay in another home or place of residence. If this is not possible, other household members should stay in another room, or be separated from the ill person as much as possible. The ill person should use a separate bathroom, if available.
- **Keep elderly people and those who have compromised immune systems or chronic health conditions away from the sick person.** This includes people with chronic heart, lung or kidney conditions, and diabetes.
- **Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window.**
- **Wash your hands often and thoroughly with soap and water for at least 20 seconds.** You can use an alcohol-based hand sanitizer if soap and water are not available and if your hands are not visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.
 - Staff and caregivers should wear a disposable face mask, gloves and protective gown when they touch or have contact with the person’s blood, body fluids and secretions such as sweat, saliva, sputum, nasal mucus, vomit, urine or diarrhea. Staff should contact public health if they do not have this kind of protective equipment.
 - Throw away facemasks, protective gowns and gloves in a lined trash can after using them. Do not reuse these items.
 - Wash hands immediately with soap and water after removing mask, gloves and gown.
- **Avoid sharing household items.** Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items. Wash these items after the person uses them.
- **Clean surfaces** such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables at least once a day. Immediately clean any surfaces that have blood or other body fluids on them.
 - Use a diluted bleach solution or a household disinfectant with a label that says “EPA-approved.”
 - To make a bleach solution at home, add 1 tablespoon of bleach to 4 cups of water. For a larger supply, add ¼ cup of bleach to 1 gallon (16 cups) of water. Use a freshly made bleach solution each day.
 - Read cleaning product labels and follow their recommendations.

- **Wash laundry and bedding:**

- Wear disposable gloves while handling soiled items. Wash clothes and bedding that have body fluids on them, such as saliva or mucus. Wash your hands with soap and water immediately after removing your gloves.
- Wash and dry clothing and bedding with the warmest temperature recommended on the item's label.

- **Monitor the person's symptoms.** If they are getting sicker, call a medical provider and tell them that the person has, or is being evaluated for, 2019-nCoV infection. This will help the medical provider take steps to keep other people from getting infected. Ask the medical provider to call the local or state health department.

- **Caregivers and household members who do not follow precautions** when in close contact with a person who is confirmed to have, or is being evaluated for, 2019-nCoV infection, are considered “close contacts” and should monitor their health. Follow the prevention steps for close contacts: <https://www.cdc.gov/coronavirus/mers/hcp/home-care-patient.html#contacts>