



## What do I do if a member of my household is ill with Covid-19?

The CDC recommends the following:

1. Make sure that you understand and can help the patient follow their healthcare provider's instructions for medication(s), care, and basic needs in the home. Provide support for getting groceries, prescriptions, and other personal needs.
2. Monitor the patient's symptoms. If the patient is getting sicker, call his or her healthcare provider and tell them that the patient has laboratory-confirmed COVID-19.
3. Household members should stay in another room or be separated from the patient as much as possible. Household members should use a separate bedroom and bathroom, if available.
4. Prohibit visitors who do not have an essential need to be in the home.
5. Household members should care for any pets in the home. Do not handle pets or other animals while sick. For more information, see [COVID-19 and Animals](#).
6. Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window, weather permitting.
7. Perform hand hygiene frequently. 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. Soap and water should be used if hands are visibly dirty.
8. Avoid touching your eyes, nose, and mouth with unwashed hands.
9. The patient should wear a facemask when around other people. If the patient is not able to wear a facemask (for example, because it causes trouble breathing), you, as the caregiver, should wear a mask when you are in the same room as the patient.
10. 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.
  - a. Throw out disposable facemasks and gloves after using them. Do not reuse.
  - b. When removing personal protective equipment, first remove and dispose of gloves. Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer. Next, remove and dispose of facemask, and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.
11. Avoid sharing household items with the patient. Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items. After the patient uses these items, wash them thoroughly.
12. 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.
  - a. Use a household cleaning spray or wipe, according to the label instructions.
13. Wash laundry thoroughly.
  - a. Immediately remove and wash clothes or bedding that have blood, stool, or body fluids on them.
  - b. Wear disposable gloves while handling soiled items and keep soiled items away from your body. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after removing your gloves.
  - c. Read and follow directions on labels of laundry or clothing items and detergent. In general, using a normal laundry detergent according to washing machine instructions and dry thoroughly using the warmest temperatures recommended on the clothing label.
14. Place all used disposable gloves, facemasks, and other contaminated items in a lined container before disposing of them with other household waste. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after handling these items. Soap and water should be used if hands are visibly dirty.
15. Discuss any additional questions with your state or local health department or healthcare provider.