

3 “Stays”

HOW TO AVOID SPREAD
OF **COVID-19** WITHIN A
HOUSEHOLD

Stay Distant

- **Dedicate one member of the household** to care for the individual who is COVID-19-positive
- **Keep at least 6 feet of personal distance** and open windows for airflow
- If possible, **dedicate a room or space** for the individual to occupy for at least 10 days after their positive test result or onset of symptoms
- Both caregiver and housemate with COVID should **wear a mask that covers nose and mouth** when interacting
- **Avoid visitors** to the home

Stay Clean

- **Practice hand hygiene frequently:** prior to eating, after touching common surfaces, and after every interaction with the housemate who is COVID-19-positive
- **Disinfect high-touch surfaces** like doorknobs daily
- Others who use the bathroom after a housemate with COVID-19 should **open window or turn on a fan and wait as long as possible** after the sick person to use it and then clean surfaces with an EPA-registered product prior to use
- **Avoid sharing personal items** like dishes, towels, bedding, or electronics

Stay Vigilant

- **Look for warning signs** of worsening condition, and have a plan to seek medical attention immediately if you observe the following:
 - » trouble breathing
 - » persistent pain or pressure in the chest
 - » confusion
 - » Inability to wake or stay awake
 - » bluish lips or face
 - » or other symptoms that are severe or concerning
- All individuals in the home should **monitor for fever** (body temperature above 100.4°F) and other symptoms