

# Critical Actions to Stop the Spread

During your quarantine period, follow these recommendations to protect your household from the spread of COVID-19.



Because someone in your household has COVID-19 and you may have been exposed, you should **stay in your home** until the quarantine period ends.



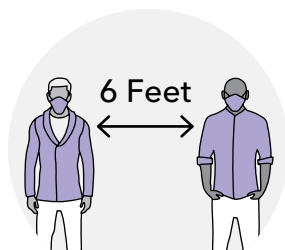
**Wash your hands often** with soap and water, or use hand sanitizer.



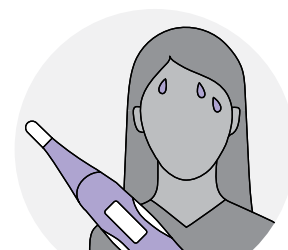
**Avoid touching your eyes, nose, and mouth** with unwashed hands.



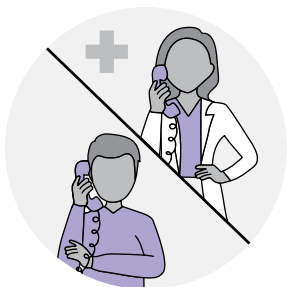
**All household members should wear a mask when they in the same room or space as one another and if they leave home**



**Put at least 6 feet of distance** between yourself and other people. A mask is not a substitute for physical distancing.



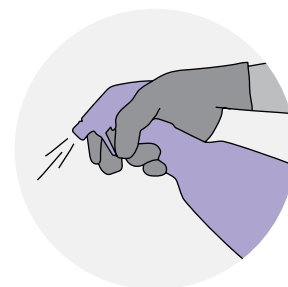
**Watch for symptoms** and speak to your doctor if you develop fever, cough, shortness of breath, pain or pressure in your chest, or loss of taste and smell.



**If you need medical attention, call ahead** and tell them you are in a household with COVID-19.



**Try to do essential errands, like banking or groceries, online or with the help of a trusted neighbor.**



**Clean and disinfect frequently touched surfaces daily.**

# Caregiver Basics

As the caregiver, please follow these guidelines to keep you and your household safe and healthy.



**If possible, the sick person should stay in their own room.** Otherwise, mark 6 feet around their space and make sure that no one comes within that space. **Eat in separate rooms** or at different times.



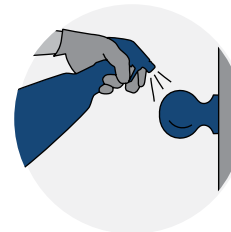
**Wash your hands** for 20 seconds with soap and water often and especially after touching potentially contaminated items.



**Do not share personal items** (dishes, utensils, cups, towels, bedding, or electronics) with the sick person.



**Always put on your mask and gloves before entering the sick person's space and discard after your interaction.** Anytime you have contact with the sick person, you should wear a mask and gloves, and you should thoroughly wash your hands before and after.



**Clean and disinfect** commonly touched surfaces in your home daily. To limit contact with the sick person, have them clean and disinfect their area if they can, or make sure you are wearing a mask and gloves when you clean.

**Help the person who is sick** follow their doctor's instructions for care and medication.

Make sure the person who is sick **drinks plenty of water and rests.**

**Help with grocery shopping,** filling prescriptions, and getting other items they may need. **Consider delivery, or ask a trusted neighbor to help.**

**Use the included waste bags** for the sick person's used items and used masks and gloves. Keep the waste bags in a safe but accessible place away from people.

**Limit contact** between the sick person and others in the household.

**Track your own health** and monitor yourself and others in the home for symptoms.

# If You're Sick

If you have, or suspect you have **COVID-19**, please follow these guidelines during your quarantine period to help keep you and your household safe.



**Stay home and isolate yourself** in a separate room and bathroom, if possible, for the entire quarantine period.



**Wear a mask** over your nose, mouth, and chin if you must be around other people, even at home. Try to wear a mask as often as possible, even if you are alone, to prevent passing it to others.



**Wash your hands often**, especially after touching items that others in the household may touch.



**Cover your coughs and sneezes** with a tissue and discard in your designated waste bag. Wash your hands afterwards.



**Clean and disinfect all surfaces** after each use of a shared bathroom: door handle, light switch, toilet handle and seat, sink, and faucet handles. Wash your hands using your own dedicated soap and dry with disposable paper towels.



**Get rest and stay hydrated.**

**Stay in touch with your doctor and call ahead** before seeking any medical attention. If you have trouble breathing, persistent pain or pressure in the chest, confusion, bluish lips or face, inability to wake or stay awake, or other emergency signs call 911 immediately.

**Note any questions or concerns** you have for your doctor on the included note sheet.

**Do not share personal items** like drinking glasses, eating utensils, dishes, towels, or bedding. Also avoid sharing phones, remote controls, and other personal electronics.

**Monitor your symptoms** using the symptom log included in this kit. Keep track of your quarantine time using the enclosed calendar.