

Ways to Manage Covid 19 @ Home

Household

Sick

1. Stay 6 feet apart from others at all times.

2. Wear protective covering over mouth and eyes (mask AND shield/goggles/glasses) when near others. (Do not put masks on children under 2 years old)

3. Gargle with antiseptic mouthwash in the morning and evening.

4. Wash hands 10-12x a day, before each meal for at least 20 seconds.

5. Keep good ventilation throughout home. (open windows/doors) where possible

6. Do not share towels, blankets, pillows with sick.

7. Call 211 for assistance/free delivery of services.

8. Wear protective clothing (jacket, gloves, mask) that can be removed after being around infected.

1. Self-isolate by staying in separate room with separate bathroom where possible. Don't go into shared spaces.

2. Create a room divider with sheet, if shared space is unavoidable.

3. Ventilate room with fresh air at least 3x per day.

4. Keep water and sanitation products in room.

5. Keep plastic garbage bag in room.

6. Protect pets - don't cuddle.

7. Notify contacts in last 10 days.

8. Don't wait! Call doctor if symptoms get worse.

**Stop the
Spread at
HOME**

MiORA

