

## 10 Tips to Isolating a Sick Loved One or Guest When Household Space is Limited



**1**

When possible, keep 6 feet between the person who is sick and other household members.

**2**

Cover coughs and sneezes; wash hands often; and don't touch your eyes, nose, and mouth.

**3**

Facial mask and coverings help reduce the transmission of Covid-19. Have the sick household member wear a cloth face covering when they are around other people at home.

**4**

Keep high risk people separated from anyone who is sick. High risk means those with underlying health conditions and those over 65.

**5**

Have only one person in the household care for the person who is sick. This should be someone who is not at higher risk for severe illness.

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**6**

We miss friends and family, but please limit visitors to those with an essential need to be in the home.

**7**

Clean commonly touched surfaces with disinfectants that list "Human Coronavirus" daily.

Check labels before purchase for effectiveness.

**8**

If you need to share a bedroom with someone who is sick:

- Open a window and turn on a fan to bring in fresh air.
- Place beds at least 6 feet apart, if possible.
- Sleep head to toe.
- Put a physical divider to separate the bed of the person who is sick from other beds.

**9**

Don't share personal items like phones, dishes, bedding, or toys.

**10**

If possible have the person who is sick clean and disinfect frequently touched surfaces in a shared bathroom.