



Precautions for Household Members of a Patient with Confirmed COVID-19 or a Patient under Investigation

Close contacts should monitor their health and call their healthcare provider if they develop symptoms suggestive of COVID-19 (e.g., fever, cough, shortness of breath)

Close contacts should also follow these recommendations:

- Help the patient with basic needs in the home and provide support for getting groceries, prescriptions, and other personal needs.
- Monitor the patient's symptoms. If (s)he is getting sicker, call their healthcare provider and tell them the patient has laboratory-confirmed COVID-19.
- Stay in another room or be separated from the patient as much as possible. Use a separate bedroom and bathroom, if available.
- Prohibit visitors.
- Household members should care for any pets in the home. However, do not handle pets or other animals while sick.
- Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window, weather permitting.
- Perform hand hygiene frequently. Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand.
-
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- The patient should wear a facemask. If unable to do so (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.



- Wear a disposable facemask and gloves when you touch or have contact with the patient's blood, stool, or body fluids, (ie., saliva, sputum, nasal mucus, vomit, urine)
 - Throw out disposable facemasks and gloves after using them. Do not reuse.
 - When removing personal protective equipment, first remove and dispose of gloves. Then, immediately clean hands with soap and water or alcohol-based hand sanitizer. Next, remove and dispose of facemask, and immediately clean hands again.
 -
- Avoid sharing household items with the patient (i.e., dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items). After the patient uses these items, you should wash them thoroughly.
- 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.
 - Use a household cleaning spray or wipe.
- Wash laundry thoroughly.
 - Immediately remove and wash clothes or bedding that have blood, stool, or body fluids on them.
 - Wear disposable gloves while handling soiled items and keep soiled items away from your body. Clean hands immediately after removing gloves.
 - Wash and dry thoroughly using the warmest temperatures recommended on the clothing label.
- Place all used disposable gloves, facemasks, and other contaminated items in a lined container before disposing of them with other household waste. Clean hands (immediately after handling these items. Soap and water should be used preferentially if hands are visibly dirty.

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>