

HOW TO SELF-ISOLATE

1. Stay home

Seriously, stay home.

Don't leave the house unless it's for medical care. That means avoiding any public areas like work, buses, schools, taxis, or grocery stores. Have someone else purchase and deliver food or supplies.

2. Separate from other people and pets

If you live with someone, say a spouse or a partner, or have animals, it will be a challenge to keep away from them — but it's critical

Stay in a separate room and use a separate bathroom from everyone else. The advice is to only come out of the room to grab food when no one else is in the kitchen....and then disinfect all the areas. That could include countertops, drawer and refrigerator handles, etc.

Take food back to the isolated area, preferably the bedroom. And don't share plates, cups, or utensils. After use, they should be washed thoroughly with soap and water manually or in a dishwasher.

The CDC recommends you stay away from pets. If you can't keep away from your pets, wash hands after every interaction.

3. Keep fluids from coughs and sneezes out of the air or off surfaces

Everyone's been told to sneeze or cough into the bend of their elbow to stop the spread of the virus through droplets, and the same holds during self-isolation.

If you can't wear a mask to protect others from your particles -- because there's a shortage or because it causes trouble breathing -- then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

A spouse, partner, or friend shouldn't use the same bedding as the sick person. The healthier person should sleep elsewhere, either in another room, if available, or on a couch.

4. Wash hands

It's the best thing a person can do to avoid infection: washing often for at least 20 seconds with soap and water is the best possible thing to do.

If you don't have soap and water, use a hand sanitizer with at least 60 percent alcohol. (No, Tito's doesn't count.)

5. Clean and wash "high-touch" items in the house

Pretty much anything that gets touched in the house should be cleaned thoroughly. That means counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, remote controls and bedside tables, every day.

It's best that the sick person use their own bathroom while others in the house use another one, if available.

If there's only one bathroom, a rotation schedule where the isolated person uses the facilities last and thoroughly cleans it afterwards. Everyone should use separate towels.

Immediately remove any clothes or bedding that has blood, stool, or bodily fluids on them, preferably using disposable gloves. The person who removed the items, preferably a partner or friend — not the sick person — should wash their hands afterward.

Place all used disposable gloves, facemasks, and other contaminated items in a lined container before disposing of them with other household waste.

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

