

IF SOMEONE IN YOUR HOUSEHOLD IS INFECTED WITH COVID-19



MAINTAIN PHYSICAL DISTANCE, EVEN AT HOME

The infected household member should stay in a **separate "sick room/area,"** away from others.

No unnecessary visitors.



SHARING BATHROOMS

The sick household member should disinfect surfaces after each use.

If not possible, **other household members should clean and disinfect between uses.** Do not share towels or bar soap.



AVOID SHARING HOUSEHOLD ITEMS

Do **NOT** share food, dishes, cups, glasses, utensils, bedding, electronics, or other personal items with the sick household member.



WEAR A FACE MASK OR COVERING

You and the sick household member should wear a face mask in shared spaces.

If the sick household member is unable to wear a face mask, you should still wear a face mask when in the same room.



CLEAN HANDS OFTEN

Wash hands often for at least 20 seconds with soap and water.

Wash hands after blowing your nose, coughing, or sneezing. Avoid touching your mouth, nose, or eyes.

If soap and water are not available, use hand sanitizer with at least 60% alcohol.

CLEAN AND DISINFECT

Clean and disinfect frequently touched surfaces daily. These include doorknobs, light switches, countertops, handles, desks, phones, toilets, faucets, and sinks.

If possible, the sick household member should clean their own space.



EAT IN SEPARATE ROOMS/AREAS



If possible, the sick household member should eat or be fed in a separate area.

All items used by the sick household member should be handled with disposable gloves and washed with hot water and soap or in a dishwasher.

ENSURE GOOD AIRFLOW

COVID-19 spreads by respiratory droplets. Improving ventilation can help remove droplets from the air.

Ensure good airflow in shared spaces by opening the window, turning on the fan, or using the air conditioner/heater.



HANDLING LAUNDRY

Do **NOT** shake laundry. Wear gloves when handling dirty laundry. All household members' laundry can be washed together.

Put soiled clothes directly into washer. Use the warmest water setting possible. Remove gloves & wash hands immediately.

Dry laundry on hot, if possible. Wash hands right after placing laundry in dryer.

USE A LINED TRASH CAN

Place used gloves, face masks, and contaminated items in a lined trash can.

Use gloves when removing garbage bags, and handling/disposing trash. Wash hands after.



MONITOR YOUR SYMPTOMS

Watch for fever, cough, runny nose, chills, body aches, diarrhea, vomiting, fatigue, headache, loss of smell or taste, and shortness of breath. Check temperature if symptoms develop.

Talk to your healthcare provider about testing for COVID-19. If you do not have health insurance, call (415) 682-1740 to schedule a test.



STAY CONNECTED AND CHECK IN REGULARLY

Communicate virtually and check in with infected household member(s) to see how they are doing.

Visit www.sf.gov for more information about COVID-19

Given the degree of community transmission of COVID-19 at this time, anyone with cold or flu-like symptoms like those listed above should isolate at home for 10 days after symptoms started AND for at least 3 days after their last fever AND symptoms have improved. If you are having trouble breathing, call 911.