Tips for People Living in Close Quarters During COVID-19

How to keep my household safe from COVID-19:
1. Only leave the home when you need to (e.g., food, medicine, doctor's appointment).

2. Wear masks in public and stay 2 meters away from others.

3. Don't ride in a car with people from other households (people you don't live with).
   - If not possible, make space between people in the car and increase airflow.

4. Always wash your hands immediately when you get home.

5. Avoid hugging, touching, and sharing food with those who are high risk.

6. Avoid having high risk people care for children, if possible.
   - If not possible, be especially sure that the children do not contact people outside the home.

7. Keep people at high risk separate from anyone sick.

8. If possible, have a sick person sleep in a separate bedroom. If you have to share a bedroom:
   - Make sure the room has airflow (e.g. open windows)
   - Move beds 6 feet apart
   - Sleep head to toe
   - Put up a curtain or divider to separate sick person

9. If possible, the sick person should clean and disinfect the bathroom after use.

10. Sick people should not make food and should eat separate from the family

Who is at high risk for getting very sick with COVID-19?

- Adults 65 and older

- People who have trouble breathing

- People with other diseases

Summarized from https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/living-in-close-quarters.html

Ingham County
Health Department

Questions? Call (517) 887-4517 or visit hd.ingham.org/coronavirus