

# HOW TO ISOLATE

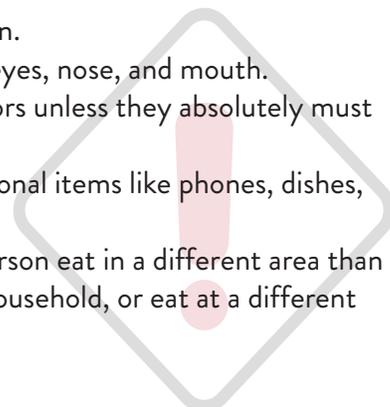
## WHEN HOUSEHOLD SPACE IS LIMITED



**It's best to have a separate room and bathroom for someone sick with COVID-19, but sometimes that's not possible. Here's what to do when space is limited.**

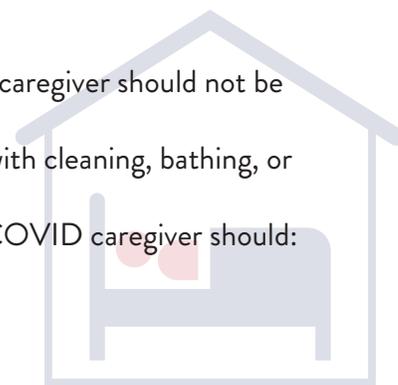
### FOLLOW PRECAUTIONS

- Keep at least 6 feet between the sick person and everyone else. Be especially careful to keep people at higher risk of severe illness from COVID-19 (older people and people with medical conditions) away from anyone who is sick.
- Wear a mask or cloth face-covering around others.
- Anyone under age 2, anyone who has trouble breathing, and anyone who cannot remove the mask without help should not wear a mask.
- Cover coughs and sneezes with a tissue or your inner elbow.
- Wash hands often.
- Avoid touching eyes, nose, and mouth.
- Don't allow visitors unless they absolutely must be in the home.
- Don't share personal items like phones, dishes, bedding, or toys.
- Have the sick person eat in a different area than the rest of the household, or eat at a different time.



### ASSIGN A COVID CAREGIVER

- Assign one person to help the person who has COVID-19. The COVID caregiver should not be someone who is at higher risk of severe illness from COVID-19.
- Assign a different person for other household members who need help with cleaning, bathing, or other tasks.
- When a person with COVID-19 is not able to care for themselves, the COVID caregiver should:
  - Bring food to the sick person, and wash their dishes.
  - Clean and disinfect in areas where the sick person has been.
  - Wash the sick person's bedding and laundry.



### TIPS FOR SHARED BEDROOMS

- If possible, open a window to bring in and circulate fresh air.
- Place beds at least 6 feet apart, if possible.
- Sleep head to toe.
- Use a curtain, bedspread, large sheet of cardboard, or similar item to separate the sick person's bed from other beds.

### TIPS FOR SHARED BATHROOMS

- If possible, open a window to bring in and circulate fresh air.
- Have the sick person clean and disinfect frequently touched surfaces after using the bathroom, if they are able.
- Wait as long as possible after the sick person uses the bathroom before entering it.