



# COVID-19

## CDC GUIDANCE FOR LIVING IN CLOSE QUARTERS FOR LARGER GROUPS OR FAMILIES LIVING IN THE SAME HOUSEHOLD

### THIS DOCUMENT EXPLAINS HOW TO:

- How to protect those you live with when you must leave where you are living . . . . . 1
- How to protect those you live with who are at higher risk for severe illness . . . . . 2
- How to protect children and others from getting sick . . . . . 2
- How to care for someone you live with who is sick . . . . . 3
- How to isolate someone with whom you live when living space is limited . . . . . 4
- How to eat meals together and feed a person you live with who is sick . . . . . 5

Older adults and people of any age who have serious underlying medical conditions are at higher risk for severe illness from coronavirus disease 2019 (COVID-19). **If your quarantine location includes people in these groups, then those living together should act as if they, themselves, are at higher risk.** This can be difficult if space is limited for larger groups or extended families living together. The following information may help you protect those who are most vulnerable in your quarantine location.

## How to protect those you live with when you must leave where you are living

### Don't leave where you are living unless ABSOLUTELY NECESSARY!

For example, only leave if you must go to work, the grocery store, pharmacy or medical appointments that cannot be delayed (such as for infants or for people with serious health conditions). Choose one or two people with whom you live who are not at higher risk for severe illness from COVID-19 to do the needed errands. **If you must leave your location, follow these tips:**



- **Avoid crowds, including social gatherings of any size.**
- **Keep at least 6 feet away from other people.**
- **Wash your hands often.**
- **Don't touch frequently touched surfaces in public areas, such as elevator buttons and handrails.**
- **Don't use public transportation, such as the train or bus, if possible.**  
If you must use public transportation,
  - **Maintain 6 feet of distance from other passengers as much as possible.**
  - **Avoid touching frequently touched surfaces such as handrails.**
  - **Wash your hands or use hand sanitizer as soon as possible after leaving public transportation.**
- **Don't ride in a car with people with whom you don't live.**
- **Wear a mask to help slow the spread of COVID-19.**
  - **Masks fashioned from household items or home-made from common materials at low cost can be used as an additional, voluntary public health measure. Information about the use of masks is available at [www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html).**
- **Wash your hands immediately when you return.**
- **Maintain a physical distance between you and those you live with who are at higher risk.**  
For example, avoid hugging, kissing or sharing food or drinks.



You can find more information about running essential errands at [www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html](http://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html).



Learn more: [www.salisbury.edu/coronavirus](http://www.salisbury.edu/coronavirus)



For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)  
All information pulled from CDC: CS 316538 08/15/2020

## How to protect those you live with who are at higher risk for severe illness

Adults 65 or older and people who have serious underlying medical conditions are at highest risk of severe illness from COVID-19. **If you live with people within these groups, then all people with whom you live should act as if they, themselves, are at higher risk.**



Here are ways to protect those with whom you live.

- **Stay where you live as much as possible.**
- **Wash your hands often**, especially after you have been in a public place or after blowing your nose, coughing or sneezing. Information on when and how to wash hands can be found here: [www.cdc.gov/handwashing/when-how-handwashing.html](http://www.cdc.gov/handwashing/when-how-handwashing.html).
- **Use an alcohol-based hand sanitizer that contains at least 60% alcohol if you can't wash with soap and water.**
  - Place a dime-sized amount in your palm and rub your hands together, covering all parts of your hand, fingers, and nails until they feel dry.
- **Don't touch your eyes, nose and mouth with unwashed hands.**
- **Cover your coughs and sneezes.**
  - If you cough or sneeze, cover your mouth and nose with a tissue or use the inside of your elbow.
  - Throw used tissues in the trash.
  - Immediately wash your hands.
- **Clean and then disinfect where you live.**
  - Wear disposable gloves, if available.
  - Clean frequently touched surfaces daily with soap and water or other detergents. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks.
  - Then, use an EPA-registered disinfectant that is appropriate for the surface. Follow the instructions on the label for safe and effective use of the cleaning product. Disinfectants are chemicals that kill germs on surfaces.



EPA-registered disinfectants are listed here:  
[www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2](http://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2).

More about cleaning and disinfecting can be found here:  
[www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html)

- **Don't have visitors unless they need to be in where you live.**

You can find more information at [www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html](http://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html).

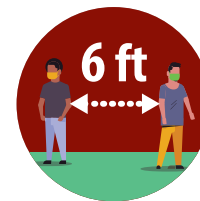
## How to protect children and others from getting sick

Adults 65 years and older and people who have serious medical conditions should avoid caring for the children in their household, if possible. If people at higher risk must care for the children in their household, the children in their care should not have contact with individuals outside the household.

Follow these tips to help protect children and others from getting sick.

- **Teach children the same things everyone should do to stay healthy.** Children and other people can spread the virus even if they don't show symptoms. Learn more at [www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html).
- **Don't let children have in-person playdates with children from other households.**

- **Teach children who are playing outside to stay 6 feet away from anyone who is not in their own household.**
- **Help children stay connected to their friends through video chats and phone calls.**
- **Teach children to wash their hands.** Explain that hand washing can keep them healthy and stop the virus from spreading to others.
  - **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
  - **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers and under your nails.
  - **Scrub** your hands for at least 20 seconds.
  - **Rinse** your hands well under clean, running water.
  - **Dry** your hands using a clean towel or air dry them.

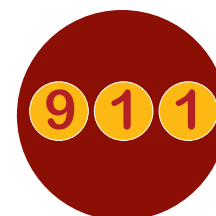


You can find more information about caring for children at [www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html](http://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html).

## How to care for someone you live with who is sick

Most people who get sick with COVID-19 will have only mild illness and should stay at their residence to recover. Care in a residence (including your home, specified residence hall, local apartment) can help stop the spread of COVID-19 and help protect people who are at risk for getting seriously ill from COVID-19. **If you are caring for someone who is sick at your residence, follow these tips:**

- **Have the person stay in one room, away from other people, including yourself, as much as possible.**
- **Have them use a separate bathroom, if possible.**
- **Look for emergency warning signs\* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:**
  - Trouble breathing
  - Persistent pain or pressure in the chest
  - New confusion
  - Inability to wake or stay awake
  - Bluish lips or face
  - *This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.*
- **Make sure the person with COVID-19 does the following:**
  - Drinks a lot of fluids to stay hydrated
  - Rests at home
  - Uses over-the-counter medicines to help with symptoms (after talking to their doctor)
- **For most people, symptoms last a few days and they get better after a week.**
- **Have their doctor's phone number on hand, and call their doctor if the person with COVID-19 gets sicker.**
  - If English is your second language, someone with whom you live should know how to ask for an interpreter.
- **Call 911 for medical emergencies.** Tell the 911 operator that the patient has or is suspected to have COVID-19.
  - If English is your second language, someone with whom you live should know how to ask for an interpreter.
  - You can find more information about caring for someone who is sick at [www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html](http://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html).



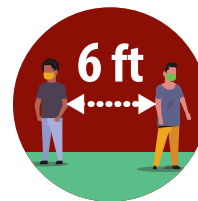
## How to isolate someone with whom you live when living space is limited

If you cannot provide a separate room and bathroom for a person who is sick with COVID-19, try to separate them from others with whom they live. Try to create adequate separation within your residence to protect everyone, especially those people at higher risk (those over 65 years and those who have medical conditions).

Follow these tips when isolating someone with whom you live who is sick:

- **Keep 6 feet between the person who is sick and other people with whom they live.**
- **Cover coughs and sneezes; wash hands often; and don't touch your eyes, nose and mouth.**
- **Have the sick person with whom you live wear a mask when they are around other people at the residence and out (including before they enter a doctor's office).** But it should not be placed on children under age 2, anyone who has trouble breathing or anyone who is not able to remove the covering without help. You can find more about masks at [www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html).
- **Keep people at higher risk separated from anyone who is sick.**
- **Have only one person with whom you live take care of the person who is sick.** This caregiver should be someone who is not at higher risk for severe illness.
  - The caregiver should clean where the sick person has been, as well as their bedding and laundry.
  - The caregiver should minimize contact with other people in the residence, especially those who are at higher risk for severe illness.
  - Have a caregiver for the person who is sick and a different caregiver for other members of the residence who require help with cleaning, bathing or other daily tasks.
- **Clean and disinfect surfaces, doorknobs and other commonly touched surfaces** with EPA-registered disinfectants daily. Find a list here: [www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2](https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2).
- **Limit visitors to those with an essential need to be in the residence.**
- **Don't share personal items like phones, dishes, bedding or toys.**
- **Try to do the following if you need to share a bedroom with someone who is sick:**
  - Make sure the room has good air flow. Open a window and turn on a fan to bring in fresh air.
  - Place beds at least 6 feet apart, if possible.
  - Sleep head to toe.
  - Put a curtain around or place another physical divider to separate the bed of the person who is sick from other beds. For example, you might use a shower curtain, room screen divider, large cardboard poster board, quilt or large bedspread.
- **Have the person who is sick clean and disinfect frequently touched surfaces in as hared bathroom.**

If this is not possible, others who share the bathroom should wait as long as possible after the sick person uses the bathroom before entering it to clean and disinfect or to use the bathroom. Make sure the room has good air flow. Open a window and turn on a fan (if possible) to bring in and circulate fresh air.



## How to eat meals together and feed a person you live with who is sick

If possible, make a plate for the sick person to eat in the separate area they are staying in. If they cannot eat in the separate area they are staying in, they should stay at least 6 feet away from other people they are living with during meals. Or, they should eat at a different time than others in the residence.

Also, follow these tips:

- **Don't help prepare food if you are sick.**
- **Wash your hands for at least 20 seconds with soap and water before eating.**  
This includes everyone in the residence!
- **Use clean utensils when placing food on every person's plate.**
- **Don't eat from the same dishes or use the same utensils as someone else in the residence.**
- **Wear gloves to handle dishes, drinking glasses and utensils (food service items), if possible.**  
Also, wash these non-disposable items with hot water and soap or in a dishwasher after you use them.
- **Have only one person bring food to the sick person and clean-up the sick person's food service items.** This should be someone who is not at higher risk for severe illness.
- **Wash your hands after handling used food service items.**



FAQ on COVID Illness or Isolation: [www.salisbury.edu/CovidQuestionsIllnessTesting](http://www.salisbury.edu/CovidQuestionsIllnessTesting)



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All information pulled from CDC: CS 316538 08/15/2020