If you become ill, follow these guidelines to prevent spreading the illness to other members of the house:

SEPARATE YOURSELF FROM OTHERS

• Isolate yourself in another room. You should sleep and eat separately, and only visit common areas (kitchen, living room, etc.) when absolutely necessary. If available, use a separate bathroom.

PROTECT YOURSELF & OTHERS

• Always wear a mask when entering common areas.
• It is best to avoid visiting rooms when others are present, but if you must be in the same room be sure to maintain as much distance as possible.
• Do not share dishes, drinking glasses, cups, eating utensils, toothbrushes, towels, or bedding with other people or pets in your home.
• Ask someone who does not reside in the house to pick up groceries and other necessities, or use a delivery service.
• Do not allow visitors who do not have an essential need to be in the home.
• All members of the house should avoid touching their eyes, nose and mouth, and properly cover all coughs and sneezes with a tissue or the crook of their elbow.

CLEAN AND DISINFECT

• Thoroughly clean any surfaces you touch. This may be shared toilets, bathrooms, door handles, kitchen appliances or other frequently touched surfaces.
• Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.
• Wash all clothes and linens in warm water.
• If available, use a dishwasher to disinfect plates, cups and cutlery, otherwise wash items thoroughly with soap and water after use.

PREPARE IN ADVANCE

• Talk with your family about what precautions should be taken if someone were to become sick, and plan which room(s) could be used for isolation.
• Create a list of all close contacts that might include neighbors, family, school, employer, doctor, pharmacy, and other emergency contacts.
• Designate a secondary caregiver for children and pets and ensure you have adequate food and medicine available for them.
• Set up delivery service and online shopping accounts.
• Ensure you have an adequate supply of all necessary medications.

If an older family member or a family member with a chronic health condition becomes sick, contact their healthcare provider to monitor their symptoms. They have a higher risk for serious illness from COVID-19. If you do not have a healthcare provider call ASK-MY-NURSE 713.634.1110. To schedule an appointment for testing visit ReadyHarris.org.