



Guidance for Self Isolating At Home

If you, or a member of your household begins showing symptoms of COVID-19, all members of the household should stay home to avoid spreading the illness to other people. With all members of the house at home, it is important to isolate the symptomatic member in order to reduce the spread of infection within the house.

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](https://www.ReadyHarris.org).