



## COVID-19

# How to self-isolate in shared housing

If you have COVID-19 or have been exposed to it, you need to stay in isolation, away from other people. Your doctor will tell you for how long. During this time, it's important to take steps to avoid spreading the virus to others.

This can be tricky if you live with someone else. Ideally, you would use a separate bedroom and a separate bathroom. But that's not an option if you live in a small or crowded place with only one bathroom.

Still, there are things you can do to help protect those you live with. Here are some ideas.

### ✔ Stay in one room as much as you can.

- If there's a bedroom, it's best if you use it. Don't share a bed with anyone. Healthy people should sleep in another room.
- If there isn't a bedroom you can use, try to stay in a room that's close to the bathroom. This will reduce how often you pass through common areas, like the kitchen.
- If you can, ask one person in your household to bring you things you need and leave them outside your area.

### ✔ Clean and disinfect high-touch items in your area every day. These include doorknobs, light switches, counters, and remote controls.

### ✔ Keep your distance from others.

- Don't spend any more time in common areas than you have to.
- When you have to be in common areas, try to stay 6 feet away from other people.
- Avoid contact with pets if at all possible.
- Ask visitors to stay away. But keep in touch with friends and family by phone or computer.

### ✔ Wash your hands well and often.

- Use soap and water. Scrub your hands together for at least 20 seconds. Rinse and dry well.
- Wash your hands after you use the toilet, before you eat, and after you cough, sneeze, or blow your nose.

✔ **Don't share personal household items.** This includes bedding, towels, dishes, cups, and eating utensils. If anyone touches items you've used, they need to wash their hands well after handling them.

✔ **Take extra care in the bathroom.**

- Wash your hands well after you use the toilet.
- Use a separate towel and washcloth.
- Before you leave the bathroom, disinfect anything you touched, like toilet and sink handles, doorknobs, and light or fan switches. Use a household disinfectant spray or wipes. Or use a homemade bleach solution. (Follow the directions on the label).

✔ **Be careful in the kitchen.** If you need to get something, wait until no one else is in the kitchen.

- Wash your hands well before you touch anything.
- Take your food or drink back to your room.
- Before you leave the kitchen, disinfect anything you touched. This may include counters, drawers, refrigerator and microwave handles, and the sink.

✔ **Cover your coughs and sneezes.** Cough or sneeze into your elbow or into a tissue. Throw tissues in the trash right away. Then wash your hands.

✔ **Avoid touching your nose, mouth, and eyes.** This helps keep germs out of your body.

✔ **Let fresh air in.** If weather permits, open some windows. Or use an air-conditioner if you have one. If your room has a door, keep it closed but open a window.

✔ **Limit contact if you're sick.**

- Have only one person provide care. If possible, other people need to stay away from you or not enter your room.
- Wear a cloth face cover when the caregiver is in your room or whenever you're around other people. Or if the cloth makes it hard for you to breathe, the caregiver should wear a face cover.
- Each time you use the bathroom, disinfect it before anyone else uses it. If you're too ill to do it, the caregiver can do it. But they need to wear a cloth face cover. It's best if they wait as long as they can after you've been in the bathroom.

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