

# How to isolate a sick household member when household 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 other household members. Try to create adequate separation within your household to protect everyone, especially those people at higher risk (those over 65 years and those who have medical conditions).

**Follow these ten tips when isolating a household member who is sick:**

- 1. Keep 6 feet between the person who is sick and other household members.**
- 2. Cover coughs and sneezes; wash hands often; and don't touch your eyes, nose, and mouth.**
- 3. Have the sick household member wear a mask when they are around other people at home 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).

- 4. Keep people at higher risk separated from anyone who is sick.**
- 5. Have only one person in the household 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 household, 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 household who require help with cleaning, bathing, or other daily tasks.



- 6. 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).

- 7. Limit visitors to those with an essential need to be in the home.**

- 8. Don't share personal items like phones, dishes, bedding, or toys.**

- 9. 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.



- 10. Have the person who is sick clean and disinfect frequently touched surfaces in a shared 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.

