

How to Prevent the Spread of Coronavirus (COVID-19) in the Home

Many people with coronavirus (COVID-19) or symptoms of COVID-19 like cold symptoms, cough, fever, or shortness of breath, are told to stay home to recover (**isolation**). If someone in your home is recovering, take steps to prevent spreading COVID-19 to others inside and outside the home.

Help with recovery

Help the sick person follow their healthcare provider's instructions for medications and care.

If they are getting sicker, call Healthline (811) for medical advice in your language. For a medical emergency, call 911.

Keep the sick person away from others as much as possible

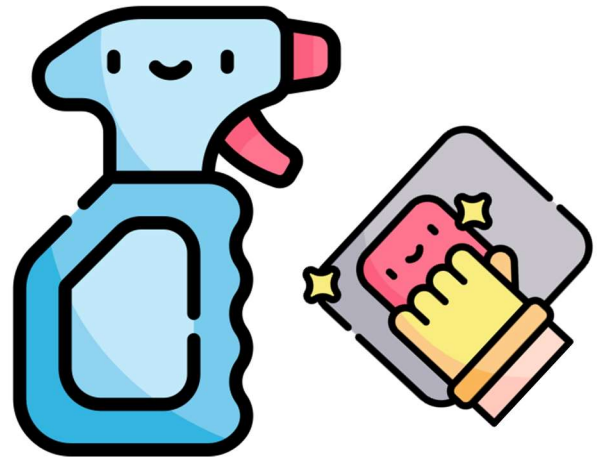
- **Stay home** and do not have visitors.
- **Separate the sick person from others** in the home. If possible, have the sick person use a separate bedroom and bathroom that no one else uses.
- Prepare meals and have them eat in their own area.
- **Avoid sharing items** like dishes, eating utensils, towels, bedding, or other items. After the sick person uses the items, they should be handled with gloves and washed with hot water. Wash hands after removing gloves.
- Keep pets away. While the animals won't get sick, they may carry it to other people on their fur, collar, etc.
- Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window.
- The sick person should wear a facemask around other people. If disposable masks are not available, have them wear a cloth mask to cover their nose and mouth. When the mask or gets moist or wet, it needs to be changed. Only cloth masks can be washed and reused.
- If a separate bedroom is not available, hang a sheet between beds. Move beds away from each other and sleep with heads as far away as possible.
- Others can still talk, sing, play, etc. with the sick person from a safe distance (at least 6 feet) or by phone or video.

Healthy practices for everyone

Everyone in the home should **wash hands often with soap and water for at least 20 seconds** or use an alcohol-based hand sanitizer, covering all surfaces of your hands and rubbing them together until they feel dry.

They should also **avoid touching eyes, nose, and mouth**.

Quit smoking. If you can't quit, keep a smoke-free home.



Clean and disinfect

- Cleaning removes dirt and germs with soap. Disinfecting kills germs with chemicals.
- The sick person should clean their space if they are well enough. If not, one person should clean their area and wear a mask and gloves if possible.
- **Clean and disinfect all "high-touch" surfaces**, such as counters, tables, doorknobs, light switches, faucet handles, toilets, phones, electronics, etc. multiple times each day.
- For disinfecting, use common household disinfectants like Lysol or Clorox or diluted household bleach solution (put 1 teaspoon of bleach in 1 cup of water, make a new batch every day).
- Gloves should be worn for cleaning only if you have COVID-19 in the home. **Wash hands immediately after gloves are removed.**
- If a separate bathroom is not available for only the sick person to use, the bathroom should be disinfected after each use by a sick person.
- Wear gloves if available when you touch or have contact with the sick person's body fluids, such as blood, saliva, mucus, or urine. Wash hands immediately afterwards.

Wash laundry thoroughly

- Immediately remove and wash clothes, towels, or bedding that have body fluids on them.
- Wear gloves while handling dirty items and keep them away from your body. If gloves are not available, wash hands immediately after putting items in the wash.
- Use a normal laundry detergent according to instructions and dry thoroughly using the warmest temperature available.
- Clean and disinfect clothes hampers.

For more information:

[Saskatchewan.ca/coronavirus](https://www.saskatchewan.ca/coronavirus) or call Healthline (dial 811).