Things to do to avoid contact with COVID 19:

1) Think ahead for the next 2 weeks and determine what you will need in order to be able to stay at home for the next 14 days.

2) Designate a “landing spot” in your apartment for shoes, coats, shopping bags and other outside gear to help keep your living area clean.

If someone in your house is COVID positive and/or becomes ill:

1) If a person is infected, designate one person to take care of them, to avoid spreading the virus.

2) Keep this person isolated as best as possible but close to the bathroom. If possible, confine the sick person to an area of the house/apartment with a separate entrance (e.g. a back or side door)

3) If multiple persons are sleeping in the same room, have them sleep head to toe to avoid transmission of the virus. In larger rooms, create temporary physical barriers between beds/sleeping areas, using sheets, shower curtains or curtains with a tension rod or duct tape. If you use a curtain, split it down the middle so you can pass through it easily.

4) Have sick person eat their meals away from others.

5) If the weather permits, open windows to increase ventilation.

6) The primary caregiver should stay home and allow other family members to run errands such as picking up food or prescriptions for them.

7) Stagger your cooking times to avoid having several people are crammed in the kitchen.

8) Don’t share hand towels with roommates, and regularly disinfect often-used surfaces like counters, faucets and toilet handles, refrigerator handles, phone, remotes, computer keyboard & mouse, and light switches.

9) If the bathroom is shared, clean it after each use. If someone in the household is COVID positive, one solution is to have them shower/bathe last, then thoroughly clean the bathroom.

9) Wash your hands- long enough to sing the happy birthday song twice.

10) Keep a box of tissues nearby the sick person and a plastic bag to dispose of them.

11) If you don't have a mask, a bandana or scarf may provide some protection against spreading disease to other family members.