

HOME SHARING TIPS TO PRACTICE GOOD HYGIENE

Encourage Each Home Sharer to Practice Good Hygiene



- No handshaking or hugging – use non-contact methods of greeting - virtual hugs work!
- Clean hands with soapy water when entering the home and regularly throughout each day.
- Avoid touching your face; sneeze or cough into a tissue or elbow, disposing tissue immediately.
- Disinfect daily surfaces commonly used such as counter tops, table tops, shared bathrooms, desks, handrails, remote controls, telephone receivers, light switches and door knobs.
- Practice Social Distancing no less than 6' to 8' apart inside the home and at grocery stores, etc.
- Avoid group gatherings of more than 10 people.
- If you feel sick, stay home; do not go to work; self-isolate, avoiding physical contact with others.

Households with Vulnerable Seniors or Those with Significant Underlying Conditions

Significant underlying conditions include heart, lung, kidney disease; diabetes; and those conditions that suppress the immune system



- Have the healthy people in the household conduct themselves as if they were a significant risk to the person with underlying conditions. For example, wash hands frequently before any interaction with this vulnerable person. Use extreme caution if assisting in feeding or caring for this person.
- Use of N95 masks and gloves a must for additional protection.
- If possible, provide an 8' protected space in common areas for the vulnerable household member.
- Do not share utensils, or any other objects such as remote controls, telephone receivers, pens, etc.

Households with a Sick Home Sharer



- A Home Sharer with mild symptoms should remain home and isolate from others as much as possible. Limit contact with pets. Wear mask and gloves in common areas and wash hands often.
- Alert each home sharer and those you have had physical contact.
- Worsening symptoms that require immediate medical attention include high fever, shortness of breath, and overall weakness.
- Contact your doctor immediately to alert of these symptoms and respond accordingly to your doctor's instructions and next steps.

What every American and community can do now to decrease the spread of the coronavirus