

Information on COVID-19 is constantly changing. Stay up to date by checking the At Home page on the CDC site: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/at-home.html> or from your local public health officials.

As a family, you can plan and make decisions that will protect you and your family.



Households should take everyday preventative actions

- Wash hands frequently, especially once returning home.
- Avoid touching eyes, nose, and mouth, especially with unwashed hands.
- Cover coughs or sneezes with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- If weather permits, increase ventilation by opening windows or adjusting air conditioning
- Wear a cloth face cover when going out in public.



Households with vulnerable people or those who need extra precautions

- People of any age with certain underlying medical conditions are at increased risk for severe illness from COVID-19. Some conditions include cancer, chronic kidney disease, COPD, obesity, serious heart conditions, sickle cell disease, type 2 diabetes, or someone who is immunocompromised.
- Everyone within the household should limit their interactions with one another and those outside the household as much as possible.
- If possible, provide a protected space for vulnerable household members.
- Ensure all utensils and surfaces are cleaned regularly, and wash hands often.
- It is particularly important for those at increased risk of severe illness, including older adults, to receive recommended vaccinations against influenza and pneumococcal disease.



Households with sick family members

- Give sick members their own room if possible, and keep the door closed.
- Have only one household member care for them.
- Wear a mask or face covering and gloves when in the room, then properly disinfect or dispose of those items.
- Consider providing additional protections or more intensive care for household members over 65 years old or with underlying conditions