



What to do if you have confirmed 2019-nCoV infection, or are being evaluated for 2019-nCoV infection, and are being cared for at home

Your doctors, along with local public health staff will evaluate whether you can be cared for at home.

Public health staff will check in with you regularly if you are cared for at home.

Please follow the steps below until public health staff say you can return to your normal activities:

- **Stay home.** You should limit all activities outside your home, except to get medical care. Do not go to work, school, or public areas, and do not use public transportation or taxis/ride shares.
- **Separate yourself from other people in your home.** You should stay in a different room from other people in your home, as much as possible. Use a separate bathroom, if available.
- **Call your doctor's office before you go in for your appointment.** Tell them that you have, or are being evaluated for, 2019-nCoV infection. This will help the medical provider take steps to keep others from getting infected.
- **Wear a facemask.** Wear a facemask when you are in the same room with other people and when you visit a medical provider. If you cannot wear a facemask, the people who live with you should wear one while they are in the room with you.
- **Wash your hands.** Wash your hands often and thoroughly with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available and if your hands are not visibly dirty. Avoid touching your eyes, nose, and mouth.
- **Cover your coughs and sneezes.** Cover your mouth and nose with a tissue when you cough or sneeze, or you can cough or sneeze into your sleeve. Throw used tissues in a lined trash can, and immediately wash your hands with soap and water for at least 20 seconds.
- **Avoid sharing household items.** Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people in your home. After using these items, you should wash them thoroughly with soap and water.
- **Monitor your symptoms.** Get medical attention right away if your symptoms get worse. Call your medical provider before going to your appointment and tell them that you have, or are being evaluated for, 2019-nCoV infection. This will help the medical provider take steps to keep other people from getting infected. Ask your medical provider to call the local or state health department.

Prevention Steps for Caregivers and Household Members

If you live with or care for a person who has confirmed 2019-nCoV infection, or is being evaluated for 2019-nCoV infection, you should:

- **Limit people in the home to those who are providing care.** Restrict visitors who do not need to be in the home. Other household members should stay in another home or place of residence. If this is not possible, other household members should stay in another room, or be separated from the ill person as much as possible. The ill person should use a separate bathroom, if available.
- **Keep elderly people and those who have compromised immune systems or chronic health conditions away from the person.** This includes people with chronic heart, lung or kidney conditions, and diabetes.
- **Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window.**
- **Wash your hands often and thoroughly with soap and water for at least 20 seconds.** You can use an alcohol-based hand sanitizer if soap and water are not available and if your hands are not visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.
- **Wear a disposable facemask, gown, and gloves** when you touch or have contact with the person's blood, body fluids and secretions such as sweat, saliva, sputum, nasal mucus, vomit, urine, or diarrhea.
 - Throw away facemasks, gowns, and gloves in a lined trash can after using them. Do not reuse these items.
 - Wash your hands immediately with soap and water after removing your facemask, gown, and gloves.
- **Avoid sharing household items.** Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items. Wash these items after the person uses them.
- **Clean surfaces** such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables at least once a day. Immediately clean any surfaces that have blood or other body fluids on them.
 - Use a diluted bleach solution or a household disinfectant with a label that says "EPA-approved."
 - To make a bleach solution at home, add 1 tablespoon of bleach to 4 cups of water. For a larger supply, add ¼ cup of bleach to 1 gallon (16 cups) of water. Use a freshly made bleach solution each day.
 - Read cleaning product labels and follow their recommendations.
- **Wash laundry and bedding:**
 - Wear disposable gloves while handling soiled items. Remove and wash clothes and bedding that have blood or body fluids on them. Wash your hands with soap and water immediately after removing your gloves.
 - Wash and dry clothing and bedding with the warmest temperature recommended on the item's label.
- **Monitor the person's symptoms.** If they are getting sicker, call a medical provider and tell them that the person has, or is being evaluated for, 2019-nCoV infection. This will help the medical provider take steps to keep other people from getting infected. Ask the medical provider to call the local or state health department.

- **Caregivers and household members who do not follow precautions** when in close contact with a person who is confirmed to have, or is being evaluated for, 2019-nCoV infection, are considered “close contacts” and should monitor their health. Follow the prevention steps for close contacts: <https://www.cdc.gov/coronavirus/mers/hcp/home-care-patient.html#contacts>

Your local or state health department is available to answer any additional questions you might have.

You can find their contact information here:

<https://www.doh.wa.gov/AboutUs/PublicHealthSystem/LocalHealthJurisdictions>

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email civil.rights@doh.wa.gov.