

HOW TO SET UP YOUR HOME FOR QUARANTINE

The person in quarantine should stay separate from other people in the home as much as possible.

BEDROOM AND BATHROOM



1. If possible, keep separate bedroom and bathroom for the quarantined person.
 - If you have separate bedroom and bathroom: reduce cleaning as-needed (e.g. soiled items and surfaces) to minimize the amount of contact with the quarantined person.
 - Caregivers can **provide personal cleaning supplies** to the quarantined person (if appropriate). Supplies include tissues, paper towels, cleaners, and [EPA-registered disinfectants external icon](#).
2. If shared bathroom is only option.
 - Clean and disinfect after each use by the quarantined person. If this is not possible, the caregiver should wait as long as possible before cleaning and disinfecting.

See [precautions for household members and caregivers](#) for more information.

FOOD

- **Stay separated:** The quarantined person should eat (or be fed) in their room if possible.
- **Wash dishes and utensils using gloves and hot water:** Handle any non-disposable used food service items with gloves and wash with hot water or in a dishwasher.

[Clean hands](#) after handling used food service items.



TRASH



- All trash should be placed in a garbage bag and tightly closed before putting in the trash can that sanitation workers will pick up. You may put your trash in your regular receptacle for pick up. Please ensure there is no loose or individual trash for the safety of our workers.

PETS

- When possible, have another member of your household care for your pets while you are in quarantine.
- Avoid contact with your pet including, petting, snuggling, being kissed or licked, and sharing food or bedding.
- If you must care for your pet or be around animals while you are sick, wear a cloth face covering and wash your hands before and after you interact with them.



THINGS TO DO	THINGS <u>NOT</u> TO DO
Cover your coughs and sneezes	Have guest over. On one should be visiting.
Washing your hands often with soap and warm water for at least 20 seconds	Leave the house for any reason outside of medical attention.
Clean & disinfect all high-touch surfaces frequently: counters, door knobs, light switches, phones, key boards, remote controller, fridge handles, etc. Use household cleaners to clean the area or item with soap and water, then use a household disinfectant such as bleach.	Share personal household items: drinking glass, cups, dishes, eating utensils, towels, bedding, etc.

Watch for emergency signs. Call 9-1-1 if the sick person has:

- Trouble breathing
- Constant pain or pressure in the chest
- Unusual feelings of confusion or not able to respond
- Lips or face have a blue or purple tint
- Severe constant dizziness or lightheadedness
- Slurred speech (new or worsening)

