

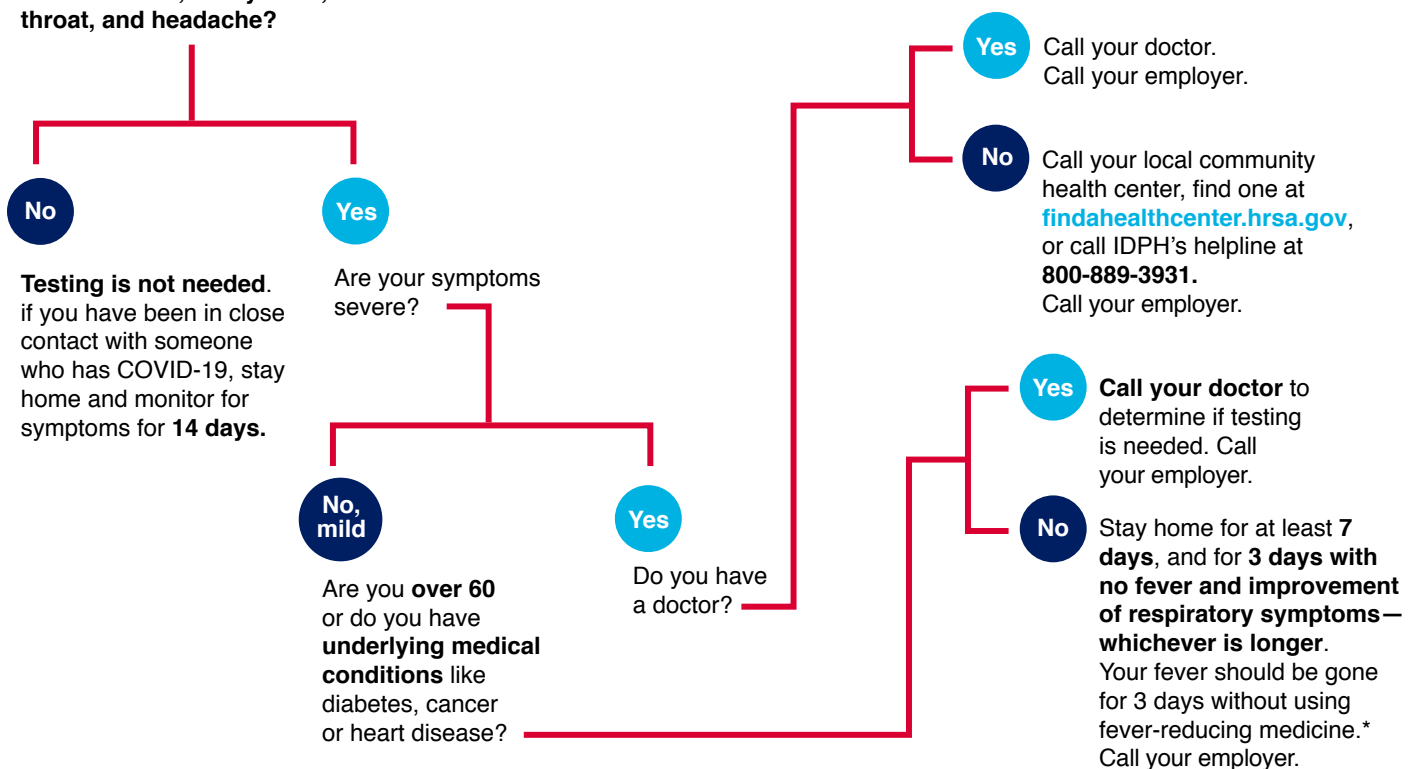
I have symptoms, what should I do?



Collaboratory for Health Justice

COVID-19 is a respiratory disease, and the most common symptoms are fever, cough and shortness of breath. These can show up anywhere from 2 to 14 days after being exposed. There is no treatment or cure for COVID-19. For most people, the illness is generally mild and can be safely managed at home. Testing is only recommended for individuals who are at higher risk of serious illness, like people over 60 or with underlying medical conditions. Everyone, regardless of symptoms, should practice social distancing and good hand hygiene.

Are you having symptoms - fever, cough, difficulty breathing, muscle aches, runny nose, sore throat, and headache?



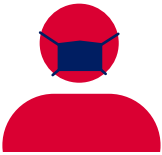
*For example, if you have a fever and coughing for 4 days, you need to stay home 3 more days with no fever for a total of 7 days. Or, if you have a fever and coughing for 5 days, you need to stay home 3 more days with no fever for a total of 8 days. Adapted from Chicago Department of Public Health.

FAQs on Distancing and Disinfecting at Home



How can I protect my household when I have to go out to do errands?

- Avoid crowds and social gatherings. Keep at least 6 feet away from other people.
- Don't touch frequently touched surfaces in public areas, such as elevator buttons and handrails.
- Don't use public transportation, such as the train or bus, if possible. If you must use public transportation, maintain 6 feet of distance from other passengers as much as possible. Wash your hands or use hand sanitizer as soon as possible after leaving public transportation.
- Don't ride in a car with members of different households.
- Wear a cloth face covering to help slow the spread of COVID-19
- Wash your hands immediately when you return home
- Maintain a physical distance between you and those at higher risk in your household



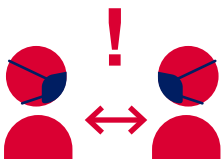
What do I do if someone in my home is sick?

You should monitor your health for fever, cough, difficulty breathing, new loss of taste or smell, muscle pain, or headache during the 14 days after you were last in close contact with a person sick with COVID-19. If you have any conditions that may increase your risk for a serious illness (age 60 years or over or have underlying medical conditions), contact your health care provider and tell them you were exposed to someone with COVID-19. You should avoid public places for 14 days, and if you are still working, notify your employer. You should also take these everyday preventative actions:

- Minimize close contact between the person who is sick and other household members as best you can
 - o The person who is sick should wear a cloth face covering at home. Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is not able to remove the covering without help.
 - o Those who are sick should stay separated from other people in the home as much as possible. If possible, they should stay in another bedroom and use a separate bathroom, and you should only clean these separate areas when needed
 - o Have only one person in the household take care of the person who is sick and bring food to the sick person.
 - o Avoid sharing personal items like phones, dishes, towels, toys, or other items
 - o Do not have unnecessary visitors
- Protect yourself by frequently washing your hands for 20 seconds with soap and water, especially...
 - o After cleaning items (like doing the dishes)

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- o After taking off gloves
- o Before and after blowing your nose, coughing, or sneezing
- o After using the bathroom
- o Before eating or preparing food
- o After contact with animals or pets
- o Before and after providing routine care for another person who needs assistance (like a child)



What if I cannot maintain distance in the household?

- If there is a shared bathroom, the person who is sick should clean and disinfect after each use. If this is not possible, the caregiver should wait as long as possible before cleaning and disinfecting.
- If you have to share space, make sure the room has good air flow. Open the window and turn on a fan (if possible) to increase air circulation. Improving ventilation helps remove respiratory droplets from the air.
- The person who is sick should stay in one area of the house and eat in a separate area. Keep 6 feet between the person who is sick and other household members.
- For sleeping, place beds at least 6 feet apart and sleep head to toe, if possible. Put a curtain or another physical divider (like shower curtain, blanket, poster board) to separate the bed of the person who is sick from other beds.



What are “high touch surfaces” that I should regularly clean?

Counters, doorknobs, light switches, bathrooms, phones, computers, tables and chairs, railings, remote controls, high chairs, and walkers are some surfaces you should regularly clean. Cleaning with soap and water should be sufficient if you do not have exposure to covid-19. Wash your hands when you are done cleaning or disinfecting. Wearing gloves is only recommended if the cleaning solution you are using requires the use of gloves. Some employers can make special accommodations as a result of the COVID-19 outbreak. Employees should first check with their management on any special guidance and policies associated with the COVID-19 response.

How do I disinfect?

Before disinfecting, you want to clean the surface first. Cleaning is using soap/detergent, water and friction to physically remove dirt and germs from surfaces. Cleaning before disinfecting reduces spreading infection more than disinfecting alone. Chemicals such as disinfectants destroy almost all infections germs. Always read the labels of the products you are using. Read more about [safer cleaning here](#).

If you use gloves, gloves should be discarded after each cleaning. If reusable gloves are used, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other purposes. [Clean hands](#) immediately after gloves are removed. If no gloves are used, be sure to wash hands immediately afterwards.



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For hard surfaces, first clean the object using soap and water or another detergent. If you don't have exposure to Covid-19 then cleaning with soap and water should be sufficient. If using a household disinfectant, read the label and use as directed.

- **These disinfectants** meet EPA's criteria for use against COVID-19. If using household chlorine bleach, create bleach solution by mixing 1/3 cup bleach into 1-gallon of water or 4 teaspoons of bleach per quart of water. Wipe the surface with the bleach solution. Allow proper contact time as directed on product label. 4. Rinse with water and let air dry.

For electronics, consider the use of wipeable covers. Use alcohol-based wipes or sprays containing at least 70% alcohol to disinfect touch screens. Dry surfaces thoroughly to avoid pooling of liquids.

For soft surfaces such as carpeted floor, rugs, and drapes, remove visible contamination if present and clean with soap and water or appropriate cleaners indicated for use on these surfaces. After cleaning, launder items using the warmest water setting and dry items completely. Otherwise, disinfect with an **EPA-registered household disinfectant**.

For laundry, wash items using the warmest appropriate water setting for the items and dry items completely. Dirty laundry from an ill person can be washed with other people's items.

- Do not shake dirty laundry. This will minimize the possibility of dispersing virus through the air.
- Clean and disinfect hampers. If possible, consider placing a bag liner that is either disposable (can be thrown away) or washed.

Resources:

CDC Guidance for Large or Extended Families Living in the Same Household.
www.cdc.gov/coronavirus/2019-ncov/downloads/living-in-close-quarters.pdf

CDC Guidance for Running Essential Errands.
www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html

CDC Guidance for Cleaning and Disinfecting your home.
www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html

CDC Guidance for Caring for Someone who is Sick at home.
www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html

CDC Guidance: What to do if you are sick.
www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html

University of Washington School of Public Health. Safer Cleaning, Sanitizing, and Disinfecting Strategies to Reduce and Prevent COVID-19 Transmission.
osha.washington.edu/sites/default/files/documents/FactSheet_Cleaning_Final_UWDEOHS_0.pdf