



Prevent COVID-19 Inside Your Home

If you aren't able to take steps to keep COVID-19 outside your home, then stop it from spreading inside your home, especially if you have someone at home who [is more likely to get very sick](#) from COVID-19. Take these steps to protect people in your household.

- Wear a mask in shared spaces around others
 - If you or others in your household are in close contact (within 6 feet) of other people who don't live in your household and if you have household members who are [more likely to get very sick from COVID-19](#) (older adults, people with specific medical conditions or who have to take extra precautions), consider wearing masks in shared spaces around others in your home.
- Stay at least 6 feet apart
 - In shared spaces, stay about 2 arm lengths apart. Remember that people can spread the virus even if they don't have symptoms.
- Wash your hands often with soap and water for at least 20 seconds
 - Use hand sanitizer if soap and water aren't available.

- Monitor your health daily
 - Watch for fever, cough, shortness of breath, or [other symptoms](#) of COVID-19.
- Clean and disinfect [high-touch](#) surfaces in shared spaces
- Avoid sharing personal household items
- Do not share items such as dishes, drinking glasses, cups, eating utensils, or towels with other people in your home.

Someone Gets Sick

- Separate the person who is sick from other people in your home, if possible.
- People in the household should stay separated from the person who is sick. If they must be around the person who is sick, they should wear a mask.
- The person who is sick should
 - Stay in a separate room and away from other people and pets
 - Use a separate bathroom
 - Wear a mask around others
- Be sure the person who is sick
 - Covers their mouth and nose with a tissue when coughing or sneezing
 - Throws away used tissues in a lined trashcan. [Washes their hands](#) often.
- Does not prepare, serve, or assist in preparing or serving, food to others.
- Do not share items such as dishes, drinking glasses, cups, eating utensils, or towels with other people in your home.
- Wash these items thoroughly after using them.