

# How to eat meals together and feed a household member who is sick

If possible, make a plate for the sick household member to eat in the separate area they are staying in. If they cannot eat in the separate area they are staying in, they should stay at least 6 feet away from other members of the household during meals. Or, they should eat at a different time than others in the household.

**Also, follow these seven tips:**

- 1. Don't help prepare food if you are sick.**
- 2. Wash your hands for at least 20 seconds with soap and water before eating.**  
This includes everyone in the household!
- 3. Use clean utensils when placing food on every household member's plate.**
- 4. Don't eat from the same dishes or use the same utensils as someone else in the household.**
- 5. Wear gloves to handle dishes, drinking glasses, and utensils (food service items), if possible.** Also, wash these non-disposable items with hot water and soap or in a dishwasher after you use them.
- 6. Have only one person bring food to the sick person and clean-up the sick person's food service items.** This should be someone who is not at higher risk for severe illness.
- 7. Wash your hands after handling used food service items.**



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