

What if Someone At-Home Has COVID



You and household members may be following the CDC guidelines to prevent getting and spreading COVID19. However, it is still possible you or someone in your house will get the virus. There is no shame in contracting COVID19.

Planning for and knowing what to do if someone in your house contracts the virus is important; even though you may not want to think about the virus coming into your home. Make a plan before it happens so if it does happen, you can focus on the health of your housemate instead of the anxiety around what to do to keep everyone else safe.

Create a COVID-kit with the following supplies if/when someone in your home becomes sick:

- Thermometer
- Fever-reducing medication
- Disposable gloves
- Soap and hand sanitizer
- Tissues
- Face masks
- Disinfectant cleaning supplies

The CDC states that most people who contract the virus will have mild symptoms and will be able to recover at home. If you or someone you live with is considered high risk for COVID19 or experiences severe symptoms then seek medical attention as soon as possible.

What to do if COVID comes into your home:

Infected person:

- Whether asymptomatic or symptomatic - needs to self-isolate
 - Self-isolation refers to the infected person being physically distanced from the rest of the household
- Stay home in one room (with doors shut) and use a private bathroom if possible
 - Improve the airflow if separate spaces are not possible; open a window, use air conditioning, etc. as appropriate.
 - [Learn more about this here](#)
- [Monitor your symptoms](#)
- Stay hydrated by drinking plenty of fluids; ideally your urine will be a clear color.
 - Gatorade and other fluids with electrolytes are also helpful
- Nourish yourself with healthy foods
 - [What a healthy diet looks like](#)
 - [Here is some healthy soup inspiration](#)
- Only leave the house to seek medical attention. Ask friends/family/household members to do the shopping and not enter the household when dropping things off
- Wear a facemask when or if around others in the house
- Cover your face while coughing or sneezing; immediately throw away all tissues in a lined trash container and wash your hands
- If you are feeling able to – clean all high-touch surfaces with disinfectants and clean throughout your room. Examples of this include phones, remotes, tabletops, fixtures, doorknobs, etc.
 - Here is a list of [EPA-registered disinfectants](#)
- Avoid public transportation, ride shares, etc.
 - Order delivery food or groceries to your house or ask friends/family/household members to bring things to you
 - If you do need to get the hospital, call your local emergency number or 911 and they can help you to decide the safest way to get to the emergency room
- [See more from the CDC here](#)

Household members:

- Quarantine at home for 14 days from the last time of contact with the person who is sick and monitor your symptoms. COVID19 symptoms can begin 2 to 14 days after the last day you interacted with your infected housemate
- Regularly clean all high-touch and all surfaces in your home
- Do separate laundry from the person who has COVID19
- If you are at high-risk for COVID19 do not be the caregiver for your housemate
- How to support a sick housemate:
 - Check in on your housemate via text messages, phone calls, Facetimes, etc.
 - Bring your housemate food and water when possible; place the food/drink on a tray if possible and leave outside of the door. Let the housemate know you have placed the items outside of their door. Wash your hands immediately after handling any dishes they may have touched.
 - If the infected person is bed ridden; enter the room while both of you are wearing masks and bring the food/water to them. Wash your hands immediately after going into their room.
 - Encourage the infected person to take their temperature regularly and share their temperature reading with you via email/text/through the door
 - Wear a facemask around the infected person and have the infected person wear a mask if/when you have to interact
 - Provide over the counter medication to treat symptoms when it is possible
 - Call their health care provider if symptoms become worse
 - Take care of their pet, if possible and appropriate
 - Do not allow visitors who do not live in the home to come inside
 - Wash your hands with soap and water after you interact with the infected person. For example picking up their dirty dishes outside of their door.
 - [See more from the CDC here](#)