

# SHARE SPACES WITH SOMEONE WHO HAS COVID-19 MORE SAFELY

If you are a household member or caring for someone diagnosed with COVID-19, there are precautions you can take to avoid exposure so you and others can stay healthy.

## LIMIT CONTACT

- **Avoid any physical contact** with the diagnosed person or with their **respiratory droplets** as much as possible.
- **Avoid being in the same room or sharing spaces if at all possible.** This involves being in separate rooms, using different bathrooms, not sleeping in the same bed, and eating in separate areas.
- **Avoid sharing personal items.** This includes dishes, cups, silverware, bedding, towels, and cell phones or other electronics.

## WEAR MASK AND GLOVES

- If you are unable to physically distance, **it is important to wear a mask when around the diagnosed person or in shared spaces.** If they are able, the diagnosed person should also wear a mask if they must be around others.
- Even if you are up to date with your COVID-19 vaccines, **wear a well fitting mask any time you are around others inside your home or in public for 10 days from the date of your last close contact with someone with COVID-19** (the date of last close contact is considered day 0).
- **Gloves are recommended** when cleaning and disinfecting the areas and objects used by someone who is diagnosed or when coming into contact with bodily fluids. **Gloves should be carefully removed and discarded after these activities, followed immediately by hand washing.**



## CLEAN AND DISINFECT

- Clean hands often with soap and water or hand sanitizer, **especially after being near the person that is diagnosed.**
- Clean and disinfect **“high touch” areas**, such as door knobs, handles, and light switches.
- Use and follow instructions on household disinfectants.
- Clean and disinfect any **area the diagnosed person came in contact with**, including bathrooms or the kitchen.

## TRACK YOUR OWN HEALTH

- **Wear a well-fitting mask when around others for 10 days** after your last exposure to the person with COVID-19.
- **Self monitor for symptoms** including cough, fever, and shortness of breath.
- **Get tested at least 5 days after you last had close contact with someone with COVID-19.** If you test positive or develop COVID-19 symptoms, isolate from others and follow isolation recommendations at [www.dhs.wi.gov/covid-19/diagnosed.htm](http://www.dhs.wi.gov/covid-19/diagnosed.htm).



**Note:** Implement as many of these strategies as you are able. Contact 211 for help and support when living with or caring for someone diagnosed with COVID-19.

# SAFELY SHARE SPACES WITH SOMEONE WHO HAS COVID-19

## BEDROOM



**If you must share a bedroom with someone who is diagnosed, here are some things you can do to reduce your risk:**

- Make sure there is good airflow in the room. If you are able, open a window and turn on a fan to circulate fresh air.
- If possible, keep beds at least 6 feet apart.
- Place a physical divider, such as a sheet, shower curtain, quilt, or cardboard poster board, to separate the diagnosed person's bed.
- Sleep head to toe.

## BATHROOM



**If you must share a bathroom with someone who is diagnosed, here are some things you can do to stay safe:**

- The bathroom should be cleaned and disinfected before and after each use.
- If the diagnosed person is unable to clean, a designated person should clean the bathroom. This person should wear a mask and wait as long as possible after the diagnosed person has used the bathroom to enter for cleaning.
- All household members should bring in their own necessities, such as soap, towels, and toothbrush, and remove them when they leave. No sharing of items.
- Turn on ventilation fans to increase circulation in the bathroom.
- Close the toilet seat lid before flushing

## KITCHEN



**If you must share a kitchen with someone who is diagnosed, here are some things you can do to stay safe:**

- The diagnosed person should not be preparing food. Food should safely be delivered to the diagnosed person.
- Non-disposable dishware and utensils used by the diagnosed person should be handled with gloves and washed in hot, soapy water or the dishwasher.
- Wear gloves when removing garbage bags and handling trash, carefully remove and discard gloves after use. Wash hands immediately.

