

Interim Guidance: Get Your Household Ready for Coronavirus Disease 2019 (COVID-19)

This interim guidance is based on what is currently known [about the Coronavirus Disease 2019 \(COVID-19\)](#). The Centers for Disease Control and Prevention (CDC) will update this interim guidance as needed and as additional information becomes available.

This interim guidance is to help household members plan for community transmission of COVID-19 in the United States. The CDC encourages household members to prepare for the possibility of a COVID-19 outbreak in their community.



COVID-19 is caused by a new virus. There is [much to learn about its transmissibility, severity, and other features of the disease](#). We want to help everyone prepare to respond to this public health threat.

Before a COVID-19 outbreak occurs in your community: Plan

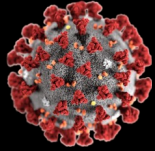
A COVID-19 outbreak could last for a long time in your community. Depending on the severity of the outbreak, public health officials may recommend community actions designed to help keep people healthy, reduce exposures to COVID-19, and slow the spread of the disease. Local public health officials may make recommendations appropriate to your local situation. Creating a household plan can help protect your health and the health of those you care about in the event of an outbreak of COVID-19 in your community. You should base the details of your household plan on the needs and daily routine of your household members.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/community/home/get-your-household-ready-for-COVID-19.html>

DPHSS COVID-19 (03/07/2020)

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Create a household plan of action

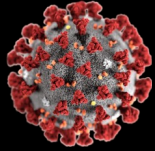
- **Talk with the people who need to be included in your plan.** Meet with household members, other relatives, and friends to discuss [what to do if a COVID-19 outbreak occurs in your community](#) and what the needs of each person will be.
- **Plan ways to care for those who might be at greater risk for serious complications.** There is limited information about [who may be at risk for severe complications from COVID-19 illness](#). From the data that are available for COVID-19 patients, and from data for related coronaviruses such as SARS-CoV and MERS-CoV, it is possible that older adults and persons who have underlying chronic medical conditions may be at risk for more serious complications. Early data suggest older people are more likely to have serious COVID-19 illness. If you or your household members are at increased risk for COVID-19 complications, please consult with your health care provider for more information about [monitoring your health for symptoms suggestive of COVID-19](#). CDC will recommend actions to help keep people at high risk for complications healthy if a COVID-19 outbreak occurs in your community.
- **Get to know your neighbors.** Talk with your neighbors about emergency planning. If your neighborhood has a website or social media page, consider joining it to maintain access to neighbors, information, and resources.

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- **Identify aid organizations in your community.** Create a list of local organizations that you and your household can contact in the event you need access to information, health care services, support, and resources. Consider including organizations that provide mental health or counseling services, food, and other supplies.
- **Create an emergency contact list.** Ensure your household has a current list of emergency contacts for family, friends, neighbors, carpool drivers, health care providers, teachers, employers, the local public health department, and other community resources.

Practice good personal health habits and plan for home-based actions

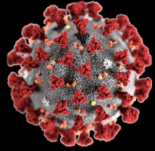
- **Practice everyday preventive actions now.** Remind everyone in your household of the importance of practicing everyday preventive actions that can help prevent the spread of respiratory illnesses:
 - ⇒ Avoid close contact with people who are sick.
 - ⇒ Stay home when you are sick, except to get medical care.
 - ⇒ Cover your coughs and sneezes with a tissue.
 - ⇒ Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Always wash your hands with soap and water if your hands are visibly dirty.

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- ⇒ Clean frequently touched surfaces and objects daily (e.g., tables, countertops, light switches, doorknobs, and cabinet handles) using a regular household detergent and water.
- ◆ If surfaces are dirty, they should be cleaned using a detergent and water prior to disinfection. For disinfection, a list of products with Environmental Protection Agency (EPA)-approved emerging viral pathogens claims, maintained by the American Chemistry Council Center for Biocide Chemistries (CBC), is available at [Novel Coronavirus \(COVID-19\) Fighting Products](#). Always follow the manufacturer's instructions for all cleaning and disinfection products.
 - **Choose a room in your home that can be used to separate sick household members from those who are healthy.** Identify a separate bathroom for the sick person to use, if possible. Plan to clean these rooms, as needed, when someone is sick. [Learn how to care for someone with COVID-19 at home.](#)

Be prepared if your child's school or childcare facility is temporarily dismissed

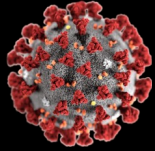
- **Learn about the emergency operations plan at your child's school or childcare facility.** During a COVID-19 outbreak in your community, local public health officials may recommend [temporary school dismissals](#) to help slow the spread of illness. School authorities also may decide to dismiss a school if too many students or staff are absent. Understand the plan for continuing education and social services (such as student meal programs) during school dismissals. If your child attends a college or university, encourage them to learn about the school's plan for a COVID-19 outbreak.

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Plan for potential changes at your workplace

- **Learn about your employer's emergency operations plan.** Discuss sick-leave policies and telework options for workers who are sick or who need to stay home to care for sick household members. [Learn how businesses and employers can plan for and respond to COVID-19.](#)

During a COVID-19 outbreak in your community: Act

During an outbreak in your community, protect yourself and others by:



- Staying home from work, school, and all activities when you are [sick with COVID-19 symptoms](#), which may include fever, cough, and difficulty breathing.
- Keeping away from others who are sick.
- Limiting close contact with others as much as possible (about 6 feet).

Put your household plan into action

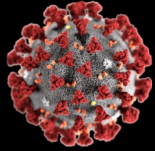
- **Stay informed about the local COVID-19 situation.** Get up-to-date information about local COVID-19 activity from [public health official](#). Be aware of temporary school dismissals in your area, as this may affect your household's daily routine.

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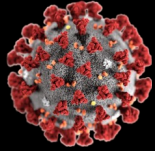
- **Stay home if you are sick.** Stay home if you have [COVID-19 symptoms](#). If a member of your household is sick, stay home from school and work to avoid spreading COVID-19 to others.
 - ⇒ If your children are in the care of others, urge caregivers to watch for COVID-19 symptoms.
- **Continue practicing everyday preventive actions.** Cover coughs and sneezes with a tissue and wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains 60% alcohol. Clean frequently touched surfaces and objects daily using a regular household detergent and water.
- **Use the separate room and bathroom you prepared for sick household members (if possible).** [Learn how to care for someone with COVID-19 at home](#). Avoid sharing personal items like food and drinks. Provide your sick household member with clean disposable facemasks to wear at home, if available, to help prevent spreading COVID-19 to others. Clean the sick room and bathroom, as needed, to avoid unnecessary contact with the sick person.
 - ⇒ If surfaces are dirty, they should be cleaned using a detergent and water prior to disinfection. For disinfection, a list of products with EPA-approved emerging viral pathogens claims, maintained by the CBC, is available at [Novel Coronavirus \(COVID-19\) Fighting Products](#). Always follow the manufacturer's instructions for all cleaning and disinfection products.

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- **Stay in touch with others by phone or email.** If you live alone and become sick during a COVID-19 outbreak, you may need help. If you have a chronic medical condition and live alone, ask family, friends, and health care providers to check on you during an outbreak. Stay in touch with family and friends with chronic medical conditions.
- **Take care of the emotional health of your household members.** Outbreaks can be stressful for adults and children. [Children respond differently to stressful situations than adults](#). Talk with your children about the outbreak, try to stay calm, and reassure them that they are safe.

Inform your workplace if you need to change your regular work schedule



- **Notify your workplace as soon as possible if your schedule changes.** Ask to work from home or take leave if you or someone in your household gets sick with [COVID-19 symptoms](#), or if your child's school is dismissed temporarily.

Take the following steps to help protect your children during an outbreak

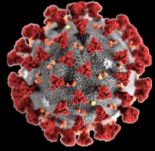
- **If your child/children become sick with COVID-19, notify their childcare facility or school.** Talk with teachers about classroom assignments and activities they can do from home to keep up with their schoolwork.

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- **Keep track of school dismissals in your community.** Read or watch local media sources that report school dismissals. If schools are dismissed temporarily, use alternative childcare arrangements, if needed.
- **Discourage children and teens from gathering in other public places while school is dismissed to help slow the spread of COVID-19 in the community.**

After a COVID-19 outbreak has ended in your community: Follow Up



Remember, a COVID-19 outbreak could last a long time. The impact on individuals, households, and communities might be great. When public health officials determine the outbreak has ended in your community, take time to improve your household's plan. As public health officials continue to plan for COVID-19 and other disease outbreaks, you and your household also have an important role to play in ongoing planning efforts.

Evaluate the effectiveness of your household's plan of action

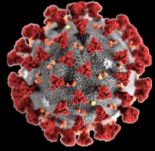
- **Discuss and note lessons learned.** Were your COVID-19 preparedness actions effective at home, school, and work? Talk about problems found in your plan and effective solutions. Identify additional resources needed for you and your household.
- **Participate in community discussions about emergency planning.** Let others know about what readiness actions worked for you and your household. Maintain communication lines with your community (e.g., social media and email lists). Promote the importance of practicing good personal health habits.

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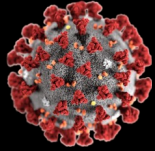
- **Continue to practice everyday preventive actions.** Stay home when you are sick; cover your coughs and sneezes with a tissue; wash your hands often with soap and water; and clean frequently touched surfaces and objects daily.
- **Take care of the emotional health of your household members.** Make time to unwind and remind yourself that strong feelings will fade. Take breaks from watching, reading, or listening to news stories about COVID-19. Connect with family and friends. Share your concerns and how you are feeling with others.
- **Help your child/children cope after the outbreak.** [Provide children with opportunities to talk about what they went through](#) or what they think about it. Encourage them to share concerns and ask questions. Because parents, teachers, and other adults see children in different situations, it is important for them to work together to share information about how each child is coping after the outbreak.

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PREVENTING THE SPREAD OF COVID-19 IN HOMES AND RESIDENTIAL COMMUNITIES

This guidance provides clarification regarding evaluation for home isolation and a new section with information regarding preventative steps for [household members, intimate partners, and caregivers](#) in a nonhealthcare setting of a person with symptomatic, laboratory-confirmed COVID-19.

This interim guidance is based on what is currently known about the epidemiology of COVID-19 and the transmission of other viral respiratory diseases. CDC will update this interim guidance as needed and as additional information becomes available.



Coronaviruses are a large family of viruses, some causing illness in people and others that circulate among animals, including camels, cats, and bats. Rarely, animal coronaviruses can infect people exposed to infected animals, and then spread among people, as has been seen with [MERS-CoV](#) and [SARS-CoV](#), and likely now with SARS-CoV-2, the virus that causes COVID-19. This interim guidance may help prevent this virus from spreading among people in their homes and in other residential communities.

This interim guidance is intended for:

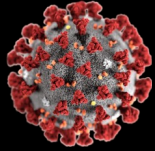
- [People with confirmed or suspected COVID-19](#), including persons under investigation, who do not need to be hospitalized and who can receive care at home (see [Interim Guidance for Implementing Home Care of People Not Requiring Hospitalization for Coronavirus Disease 2019 \(COVID-19\)](#));

Source: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

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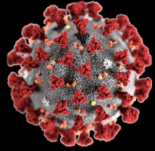
- [People with confirmed COVID-19](#), who were hospitalized and then determined to be medically stable to go home (see [Interim Guidance for Implementing Home Care of People Not Requiring Hospitalization for Coronavirus Disease 2019 \(COVID-19\)](#));
- Household members, intimate partners, and caregivers in a non healthcare setting of a person with symptomatic, laboratory-confirmed COVID-19.

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Prevention steps for

People with confirmed or suspected COVID-19 (including persons under investigation) who do not need to be hospitalized

and

People with confirmed COVID-19 who were hospitalized and determined to be medically stable to go home

Your healthcare provider and public health staff will evaluate whether you can be cared for at home. If it is determined that you do not need to be hospitalized and can be isolated at home, you will be monitored by staff from your local or state health department. You should follow the prevention steps below until a healthcare provider or local or state health department says you can return to your normal activities.

Stay home except to get medical care



People who are mildly ill with COVID-19 are able to isolate at home during their illness. You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

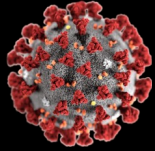
People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

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Animals: You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus. When possible, have another member of your household care for your animals while you are sick. If you are sick with COVID-19, avoid contact with your pet, including petting, snuggling, being kissed or licked, and sharing food. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a facemask. See [COVID-19 and Animals](#) for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask



You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

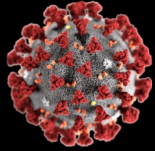
Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can. Immediately wash your hands with soap and water for at least 20 seconds or, if soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

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Clean your hands often

Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.

Soap and water are the best option if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items



You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean all “high-touch” surfaces everyday

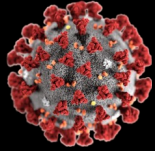
High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

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Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed. Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.



If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

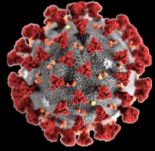
Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

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Recommended precautions for household members, intimate partners, and caregivers in a nonhealthcare setting¹ of

A patient with symptomatic laboratory-confirmed COVID-19



or

A patient under investigation

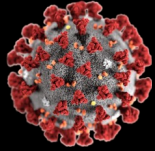
Household members, intimate partners, and caregivers in a non healthcare setting may have close contact² with a person with symptomatic, laboratory-confirmed COVID-19 or a person under investigation. Close contacts should monitor their health; they should call their healthcare provider right away if they develop symptoms suggestive of COVID-19 (e.g., fever, cough, shortness of breath) (see [Interim US Guidance for Risk Assessment and Public Health Management of Persons with Potential Coronavirus Disease 2019 \(COVID-19\) Exposure in Travel-associated or Community Settings.](#))

Source: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

DPHSS COVID-19 (03/07/2020)

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Interim Guidance: Get Your Household Ready for Coronavirus Disease 2019 (COVID-19)



PREVENTING THE SPREAD OF COVID-19 IN HOMES AND RESIDENTIAL COMMUNITIES

Close contacts should also follow these recommendations:

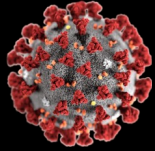
- Make sure that you understand and can help the patient follow their healthcare provider's instructions for medication(s) and care. You should help the patient with basic needs in the home and provide support for getting groceries, prescriptions, and other personal needs.
- Monitor the patient's symptoms. If the patient is getting sicker, call his or her healthcare provider and tell them that the patient has laboratory-confirmed COVID-19. This will help the healthcare provider's office take steps to keep other people in the office or waiting room from getting infected. Ask the healthcare provider to call the local or state health department for additional guidance. If the patient has a medical emergency and you need to call 911, notify the dispatch personnel that the patient has, or is being evaluated for COVID-19.
- Household members should stay in another room or be separated from the patient as much as possible. Household members should use a separate bedroom and bathroom, if available.
- Prohibit visitors who do not have an essential need to be in the home.
- Household members should care for any pets in the home. Do not handle pets or other animals while sick. For more information, see [COVID-19 and Animals](#).
- Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window, weather permitting.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

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PREVENTING THE SPREAD OF COVID-19 IN HOMES AND RESIDENTIAL COMMUNITIES

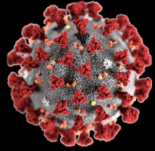
- Perform hand hygiene frequently. Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- The patient should wear a facemask when you are around other people. If the patient is not able to wear a facemask (for example, because it causes trouble breathing), you, as the caregiver, should wear a mask when you are in the same room as the patient.
- Wear a disposable facemask and gloves when you touch or have contact with the patient's blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, urine.
 - ⇒ Throw out disposable facemasks and gloves after using them. Do not reuse.
 - ⇒ When removing personal protective equipment, first remove and dispose of gloves. Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer. Next, remove and dispose of facemask, and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.
- Avoid sharing household items with the patient. You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items. After the patient uses these items, you should wash them thoroughly (see below "Wash laundry thoroughly").

Source: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

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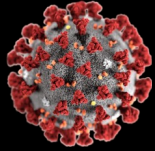
- Clean all “high-touch” surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day. Also, clean any surfaces that may have blood, stool, or body fluids on them.
 - ⇒ Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.
- Wash laundry thoroughly.
 - ⇒ Immediately remove and wash clothes or bedding that have blood, stool, or body fluids on them.
 - ⇒ Wear disposable gloves while handling soiled items and keep soiled items away from your body. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after removing your gloves.
 - ⇒ Read and follow directions on labels of laundry or clothing items and detergent. In general, using a normal laundry detergent according to washing machine instructions and dry thoroughly using the warmest temperatures recommended on the clothing label.
- Place all used disposable gloves, facemasks, and other contaminated items in a lined container before disposing of them with other household waste. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after handling these items. Soap and water should be used preferentially if hands are visibly dirty.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

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Interim Guidance: Get Your Household Ready for Coronavirus Disease 2019 (COVID-19)

PREVENTING THE SPREAD OF COVID-19 IN HOMES AND RESIDENTIAL COMMUNITIES

- Discuss any additional questions with your state or local health department or healthcare provider.

Footnotes

¹Home healthcare personnel should refer to [Interim Infection Prevention and Control Recommendations for Patients with Known or Patients Under Investigation for Coronavirus Disease 2019 \(COVID-19\) in a Healthcare Setting.](#)

²Close contact is defined as—



a) being within approximately 6 feet (2 meters) of a COVID-19 case for a prolonged period of time; close contact can occur while caring for, living with, visiting, or sharing a health care waiting area or room with a COVID-19 case

or —

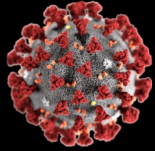
b) having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on).

Source: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

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Interim Recommendations for US Households with Suspected/Confirmed Coronavirus Disease 2019

ENVIRONMENTAL CLEANING AND DISINFECTION RECOMMENDATIONS

Background



There is much to learn about the novel coronavirus that causes [coronavirus disease 2019](#) (COVID-19). Based on what is currently known about the novel coronavirus and similar coronaviruses that cause SARS and MERS, spread from person-to-person with these viruses happens most frequently among close contacts (within about 6 feet). This type of transmission occurs via respiratory droplets. On the other hand, transmission of novel coronavirus to persons from surfaces contaminated with the virus has not been documented. Transmission of coronavirus occurs much more commonly through respiratory droplets than through fomites. Current evidence suggests that novel coronavirus may remain viable for hours to days on surfaces made from a variety of materials. Cleaning of visibly dirty surfaces followed by disinfection is a best practice measure for prevention of COVID-19 and other viral respiratory illnesses in households and community settings.

Purpose

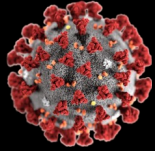
This guidance provides recommendations on the cleaning and disinfection of households where [persons under investigation \(PUI\)](#) or those with confirmed COVID-19 reside or may be in self-isolation. It is aimed at limiting the survival of the virus in the environments. These recommendations will be updated if additional information becomes available.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html>

DPHSS COVID-19 (03/07/2020)

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Interim Recommendations for US Households with Suspected/Confirmed Coronavirus Disease 2019

ENVIRONMENTAL CLEANING AND DISINFECTION RECOMMENDATIONS

These guidelines are focused on household settings and are meant for the general public.



- **Cleaning** refers to the removal of germs, dirt, and impurities from surfaces. Cleaning does not kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.
- **Disinfecting** refers to using chemicals to kill germs on surfaces. This process does not necessarily clean dirty surfaces or remove germs, but by killing germs on a surface *after* cleaning, it can further lower the risk of spreading infection.

General Recommendations for Routine Cleaning and Disinfection of Households

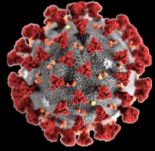
Community members can practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks) with household cleaners and EPA-registered disinfectants that are appropriate for the surface, following label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

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Interim Recommendations for US Households with Suspected/Confirmed Coronavirus Disease 2019



ENVIRONMENTAL CLEANING AND DISINFECTION RECOMMENDATIONS

General Recommendations for Cleaning and Disinfection of Households with People Isolated in Home Care (e.g. Suspected/Confirmed to have COVID-19)

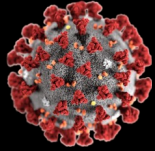
- Household members should educate themselves about COVID-19 symptoms and preventing the spread of COVID-19 in homes.
- **Clean and disinfect high-touch surfaces daily in household common areas (e.g. tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, sinks)**
 - ⇒ In the bedroom/bathroom dedicated for an ill person: consider reducing cleaning frequency to **as-needed** (e.g., soiled items and surfaces) to avoid unnecessary contact with the ill person.
 - ◆ As much as possible, an ill person should stay in a specific room and away from other people in their home, following [home care guidance](#).
 - ◆ The caregiver can provide personal cleaning supplies for an ill person's room and bathroom, unless the room is occupied by child or another person for whom such supplies would not be appropriate. These supplies include tissues, paper towels, cleaners and EPA-registered disinfectants (examples at [this link](#)).
 - ◆ If a separate bathroom is not available, the bathroom should be cleaned and disinfected after each use by an ill person. If this is not possible, the caregiver should wait as long as practical after use by an ill person to clean and disinfect the high-touch surfaces.

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Interim Recommendations for US Households with Suspected/Confirmed Coronavirus Disease 2019

ENVIRONMENTAL CLEANING AND DISINFECTION RECOMMENDATIONS

- Household members should follow [home care guidance](#) when interacting with persons with suspected/confirmed COVID-19 and their isolation rooms/bathrooms.



How to clean and disinfect:

Surfaces

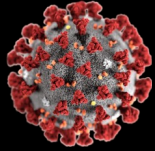
- Wear disposable gloves when cleaning and disinfecting surfaces. Gloves should be discarded after each cleaning. If reusable gloves are used, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other purposes. Consult the manufacturer's instructions for cleaning and disinfection products used. [Clean hands](#) immediately after gloves are removed.
- If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.
- For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective.
 - ⇒ Diluted household bleach solutions can be used if appropriate for the surface. Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html>

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Interim Recommendations for US Households with Suspected/Confirmed Coronavirus Disease 2019

ENVIRONMENTAL CLEANING AND DISINFECTION RECOMMENDATIONS



- ◆ Prepare a bleach solution by mixing:
 - ◆ 5 tablespoons (1/3rd cup) bleach per gallon of water or
 - ◆ 4 teaspoons bleach per quart of water
- ⇒ [Products with EPA-approved emerging viral pathogens claims](#) are expected to be effective against COVID-19 based on data for harder to kill viruses. Follow the manufacturer's instructions for all cleaning and disinfection
- For soft (porous) surfaces such as carpeted floor, rugs, and drapes, remove visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces. After cleaning:
 - ⇒ Launder items as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely, or Use products with the EPA-approved emerging viral pathogens claims (examples at [this link](#)) that are suitable for porous surfaces.

Clothing, towels, linens and other items that go in the laundry

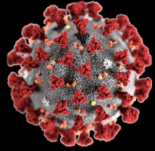
- Wear disposable gloves when handling dirty laundry from an ill person and then discard after each use. If using reusable gloves, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other household purposes. [Clean hands](#) immediately after gloves are removed.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html>

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- ⇒ If no gloves are used when handling dirty laundry, be sure to wash hands afterwards.
- ⇒ If possible, do not shake dirty laundry. This will minimize the possibility of dispersing virus through the air.
- ⇒ Launder items as appropriate in accordance with the manufacturer's instructions. If possible, launder 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.
- ⇒ Clean and disinfect clothes hampers according to guidance above for surfaces. If possible, consider placing a

Hand hygiene and other preventive measures

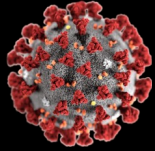
- Household members should [clean hands](#) often, including immediately after removing gloves and after contact with an ill person, by washing hands with soap and water for 20 seconds. If soap and water are not available and hands are not visibly dirty, an alcohol-based hand sanitizer that contains at least 60% alcohol may be used. However, if hands are visibly dirty, always wash hands with soap and water.
- Household members should follow normal preventive actions while at work and home including recommended [hand hygiene](#) and avoiding touching eyes, nose, or mouth with unwashed hands.
 - ⇒ Additional key times to clean hands include:
 - ◆ After blowing one's nose, coughing, or sneezing
 - ◆ After using the restroom
 - ◆ Before eating or preparing food

Source: <https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html>

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ENVIRONMENTAL CLEANING AND DISINFECTION RECOMMENDATIONS



- ◆ After contact with animals or pets
- ◆ Before and after providing routine care for another person who needs assistance (e.g. a child)

Other considerations

- The ill person should eat/be fed in their room if possible. Non-disposable food service items used should be handled with gloves and washed with hot water or in a dishwasher. [Clean hands](#) after handling used food service items.
- If possible, dedicate a lined trash can for the ill person. Use gloves when removing garbage bags, handling, and disposing of trash. [Wash hands](#) after handling or disposing of trash.
- Consider consulting with your local health department about trash disposal guidance if available.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html>

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