

Staying safe while living together in small spaces

How to avoid being exposed to COVID-19.



Keep disinfectant and hand sanitizer by the door. Each person should sanitize hands when they get home and wipe down phone, keys and doorknob.



Know your cleaning supplies and regularly clean 'high-touch' surfaces, such as doorknobs, counter tops, light switches, refrigerators, microwaves, remotes and tablets, and other surfaces often touched people in the home.



Eat meals separately and don't share utensils, cups, towels, bedding or phones. Eat at different times or in different areas and clean the dishes and space thoroughly after meals.



Avoid hugging, kissing and touching others in household. Try to find new ways to show your love like a special wave or gesture and know that keeping each other safe and healthy is a meaningful way to show love.



Have just one or two people run essential household errands. Folks who do not have pre-existing conditions, are younger than 65 and otherwise healthy are best to have run these necessary errands.



Safe ways to walk, bike, and carpool. If you have to take the bus, make sure to wear a face covering, and socially distance yourself from others.



Limit time in common areas with others. Give each other as much space as possible when together. Wear a mask when appropriate.

What to do when someone is showing symptoms.



Try to have a dedicated, separate room for the person showing symptoms. If it's not possible for the person showing symptoms to have their own room or bed, try to section off room with physical divider like a quilt, shower curtain or cardboard.

Keep windows open when possible and have good ventilation in room. If sharing a bed or close sleeping areas with others, try sleeping head to toe and cleaning bedding as often as possible.



Only have one person assist the person showing symptoms. If the person showing symptoms needs meals brought to them or need assistance, only one person should help. The helper should wear a mask when with the person showing symptoms and wash their hands after helping them.