COVID-19

Keeping your home safe

You're probably spending a lot of time in your home these days. And that's one place where you have some control. Here are some tips that can help keep you and your home safe.

Practice prevention.

- **Wash your hands well and often.** Scrub with soap and water for 20 seconds. If you go out, wash your hands as soon as you return home.

- **Avoid touching your face, and cover coughs and sneezes.**

- **Clean and disinfect high-touch surfaces daily.** These include doorknobs, light switches, toilets, and sinks.

- **Limit visitors.** Having fewer people in your home means less chance of being exposed to the virus.

- **If anyone in your household is at high risk of infection, take extra precautions.** Wash your hands well before you interact with them. Don't share personal items like towels, dishes, or glasses.

Be prepared.

- **Make a list of emergency contacts.** This might include family, friends, neighbors, doctors, employers, teachers, and community resources.

- **Stock up on prescription medicines and other essential items.**

- **Think ahead about what to do if you or a family member gets sick.** Choose a room in your house to be the sick room. If a family member gets sick, have only one person care for them. Have the sick person wear a cloth face cover.

Stay informed.

It's important to get information that you can trust. Experts are learning more about COVID-19 every day, so things are changing quickly. These websites provide the most up-to-date information:

- **Centers for Disease Control and Prevention (CDC)** cdc.gov

- **World Health Organization (WHO)** who.int

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