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 face mask.

**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