

This is NOT your fault.

- It's not your fault that you got sick, or that you have to be isolated away from your family.
- COVID-19 is dangerous and can spread extremely fast. People can spread it without knowing they did.

Try to follow these suggestions to keep yourself and your family healthy right now.

STAY HOME.

- This means stay inside your house, only with the people who live with you. Don't let other people come to your house right now, even if they are your extended family members.
- Older adults (age 65 and up) are most at-risk for COVID-19. Staying apart is very important for their safety.

Don't leave the house unless absolutely necessary – to go to work, get groceries, or run short errands.

- Only send one person to the grocery store or on errands for things you need. The person who goes should be the same person every time, and should be healthy.
- You cannot take your family with you right now.

If you have to take care of a family member who is sick:

- Have the person stay in one room, away from all the other people in the house (including yourself), as much as possible.
- Have them use a separate bathroom, if possible. If they can't, clean the handles and doorknobs after they use it.
- Make sure the person who is sick with COVID-19 does this:
 - Drinks lots of fluids to stay hydrated, especially water
 - Rests at home
 - Treats symptoms with medicine (after talking to a doctor or healthcare provider)
- Have the doctor's phone number on hand, and call if the person with COVID-19 gets sicker.
 - If English is your second language, make sure a household member knows how to ask for an interpreter.
- Watch them carefully for emergency warning signs. Get medical attention immediately if they have:
 - Trouble breathing
 - Continuing pain or pressure in the chest
 - New confusion or if they are unable to wake up
 - Bluish lips or face
- Call 911 for medical emergencies. Tell the 911 operator that the sick person has or might have COVID-19.

How to isolate a sick family member when space is limited:

- If you cannot provide a separate room and bathroom for a family member who is sick with COVID-19, try to separate them from other family members as much as possible. This will help protect everyone, especially those in your family who are at higher risk for getting sick.
- Keep 6 feet between the person who is sick and other household members.
- Have only one person (a caregiver) in the house take care of the sick person, or people. Make sure it is someone who is healthy and not at higher risk to get sick too.
 - The caregiver should clean where the sick person has been, as well as their bedding and laundry, and minimize contact with other people in the house.
- Have one person take care of the sick person (or people), and a different person take care of other family members who need help with cleaning, bathing, or other daily tasks.
- Everyone should cover coughs and sneezes. Wash your hands often, and don't touch your eyes, nose, and mouth.