COVID-19

Ways to Prevent Spreading COVID-19 at Home

If you have COVID-19, there is a good chance that others in your home will catch it. But there are things you can do to reduce this risk.

Isolating away from others in your own home can be difficult, especially if space is limited. It may feel strange or uncomfortable to wear a mask in your own home. Keeping family members with COVID-19 away from other members of the family can be hard. But your family only needs to follow the extra safety precautions for a limited time.

### People with COVID-19

If you have COVID-19:
- Isolate alone in a room with the door closed. Do not leave the room unless you need to. Wear a mask anytime you need to leave the room. Have others leave food, drinks, and other items at your door. Use a separate bathroom, if possible.
  - If you cannot isolate in a separate room, keep your distance from others, and wear a mask.
- Do not have visitors unless they are necessary.
- Follow isolation instructions at [ph.lacounty.gov/isolation](http://ph.lacounty.gov/isolation).

### Masks

- Wearing a mask that fits and filters well is a great way to reduce the spread of COVID-19 in your household.
  - Well-fitting respirators (N95, KN95, KF94) provide the best protection.
  - The next best option is to wear a double mask or wear a fitted medical mask.
    - Double masking is when you wear a well-fitting cloth mask over a medical mask.
    - You can make a medical mask fit better by wearing it with a brace or by knotting the ear loops and tucking the loose material.
- Children under the age of 2 should not wear a mask.
- For more information, see [ph.lacounty.gov/masks](http://ph.lacounty.gov/masks).

### Ventilation

- Bring as much fresh air into your home as possible. Open windows if it is safe to do so. Use air purifiers and fans (including stove exhaust fans). Place fans near open windows pointing outward to blow away stale air. Point fans away from people.
- If you have an HVAC system, set the fan to ‘on’. Make sure the filter is installed properly and has been changed according to manufacturer’s instructions. Pleated filters are best.

---

If you have questions, or you need help getting a COVID test, vaccine, or treatment call the Public Health Call Center at 1-833-540-0473 (open daily). Operators can help answer your COVID-19 questions and share helpful resources.
People at higher risk of severe illness

- Older adults and people with health conditions are at higher risk for getting very sick if they get COVID-19. This includes pregnant people and those who have recently given birth.
- If you are high risk:
  o Be sure to stay up to date with your vaccines
  o Plan ahead in case you get sick - have test kits ready and make a list of all your medicines
  o Know that COVID-19 medicines can stop you from getting very sick. They are free! If you get symptoms, even if they are mild, seek treatment right away. The medicines work best if they are taken as soon as possible. For more information, see ph.lacounty.gov/covidmedicines or call 1-833-540-0473.

Living with someone with COVID-19

- Wear a mask indoors around others.
- Do not share the same airspace with the infected person, if possible.
- See instructions about testing, masks, and monitoring your health at ph.lacounty.gov/covidcontacts.

Caring for someone with COVID-19

Have one person who is not high-risk care for the person with COVID-19, if possible. If you are providing the care:
- Wear a well-fitting respirator and gloves. Wash or sanitize your hands after you handle used items.
- Keep the time short. The less time you are sharing the same air the less exposure you have.

Practice good everyday hygiene

- Wash or sanitize your hands often.
- Cover your coughs and sneezes.
- Clean high-touch surfaces regularly.

For more information, scan the QR code or visit ph.lacounty.gov/covidisolation

ph.lacounty.gov/Coronavirus
Prevent Spread at Home 6/29/23