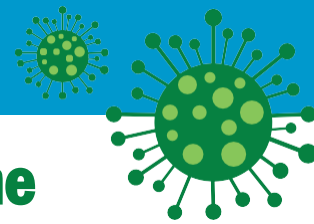# COVID-19

Ways to Prevent Spreading COVID-19 at Home

If you have COVID-19, there is a high risk that others in your household will catch it from you. But there are things you can do to reduce the spread of COVID-19 in your home.

People with COVID-19

- Isolate alone in a room with the door closed. Do not leave the room unless necessary. Have others leave food, drinks, and other items at your door.
- Stay home except to get medical care. Do not have visitors.
- Use a separate bathroom, if possible. Disinfect after each use.
- Wash or sanitize hands often.
- Wear a highly protective mask when around others.
- Follow isolation instructions at ph.lacounty.gov/covidisolation.

Living with Someone with COVID-19

- Bring as much fresh air into your home as possible. Open windows and use fans to blow air out or use air purifiers to help clear out COVID-19 virus particles.
- Remove personal items from common areas and avoid sharing items like dishes, cups, towels, and phones.
- Clean high touch surfaces often.
- If sharing a bathroom, open a window or turn on a fan and wait 30 minutes after the person with COVID-19 uses it. Wear a protective mask if entering sooner.
- Follow instructions about testing, masks, work, and quarantine at ph.lacounty.gov/covidcontacts.

Wear a highly protective mask

- Wearing a mask that fits and filters well is one of the best ways to keep all household members safe.
- Everyone should wear a mask if they're in a room with others. This is especially important for the person with COVID-19 their caregiver, and anyone who is at high risk.
- Wear a protective face mask (N95, KN95, KF94) or double mask (cloth mask over a medical mask).
  - Children under the age of 2 should not wear a mask.
 - For more information, see ph.lacounty.gov/masks.

Caring for someone with COVID-19

- Have one person in the household who is low risk care for the person with COVID-19, if possible.
- Limit the time the caregiver spends near the person with COVID-19.
- Wear a protective mask and gloves when providing care. Wash hands after removing gloves or handling used items.
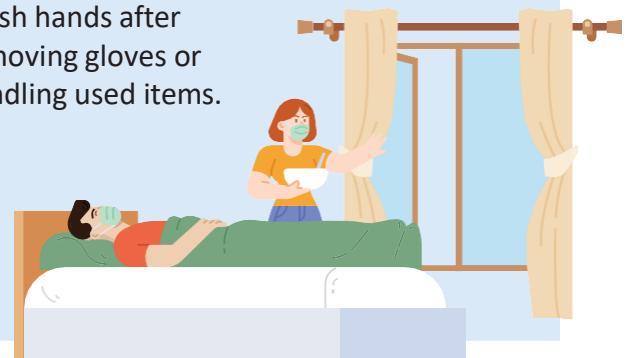
Call the DPH COVID-19 Info line at 833-540-0473 (daily from 8:00am–8:30pm). Operators can help find a place to isolate or quarantine, answer your COVID-19 questions, and share other helpful resources.

Isolation in smaller spaces
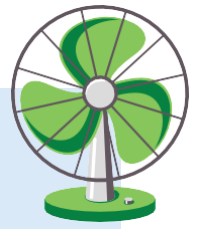
Isolation and quarantine may be difficult, especially if space is limited. If the person with COVID-19 cannot isolate in a separate space, take other precautions to help prevent spread or call the **DPH COVID Info line at 833-540-0473**. Operators can help find a place to safely isolate outside of the home.
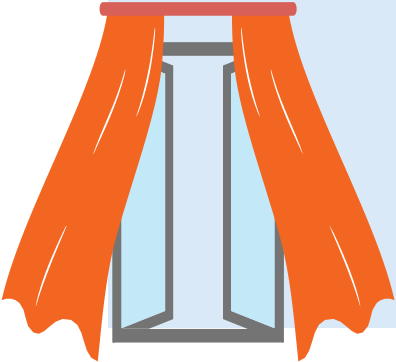
- Dedicate a space near an open window for the person(s) with COVID-19 to stay.
- Keep a distance from others and a wear highly protective mask while in the room together.
- Make sure the home has good air flow. Keep windows open. Place a fan next to the window nearest to the person with COVID-19 to blow air out. See CDC Improving Ventilation in Your Home webpage.
- Place beds as far apart as possible, ideally at least 6 feet apart. If this isn't possible, sleep head to toe.

People at higher risk of severe illness

- People who are 65 years or older and those who have an underlying health condition are at higher risk for getting very sick if they get COVID-19. This includes pregnant people and those who have recently given birth.
- Isolate people with COVID-19 away from other household members who are high-risk, if possible.
- Those who are high risk should **NOT** be a caregiver or receive care from someone who has COVID-19.
  - People who are high-risk who get COVID-19 should talk to their doctor about COVID-19 medicine that could prevent serious illness. The medicines work best when they are taken as soon as possible after symptoms start. For more, see ph.lacounty.gov/covidmedicines.

Multigenerational & Multifamily Homes

- These households have a high risk for spreading COVID-19 at home.
- It may feel strange or uncomfortable to wear a mask at home or to isolate a family member with COVID-19 away from others. But it will help to keep everyone safe. Your family will only need to follow the extra safety precautions for a limited time.

Vaccination is the best way to protect yourself and your loved ones from COVID-19. People who are not vaccinated are at the highest risk of getting infected with COVID-19 and getting seriously ill.

Everyone 5 years and older should get a COVID-19 vaccine to help protect against COVID-19. This includes staying up to date with recommended additional doses or booster doses.