Protecting Your Home & Family
COVID-19 FAQs

1. What steps can I take before leaving work (entering my car, house) to protect household members from getting sick?

   • Protecting your home and family starts throughout the work day with proper PPE donning & doffing (PPE Resource Video links are available here).
   • Follow vigilant hand hygiene. In addition to the patient care "5 moments of hand hygiene", be aware of high-touch areas like doorknobs, hand rails, light switches, etc. Wash your hands before touching your face or utilize a tissue to touch face, then wash your hands.
   • Once your shift has ended and you exit the building, continue vigilant hand hygiene. Utilize hand sanitizer containing at least 60% alcohol when hand washing is not accessible (i.e. in your car, grocery store, etc.).
   • Hand hygiene is important even if you don't have symptoms of flu or COVID. Practice social distancing by staying 6 feet away from family members, wearing a mask, and limiting use of shared spaces.

2. Is it okay to socialize with fellow caregivers outside of work?

   To decrease risk and flatten the curve, it is best to practice social distancing.

3. What steps can I take to clean my house, car, etc. to reduce the risk to my family?

Support for Coronavirus Resource Page
Centers for Disease Control & Prevention
Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

**To disinfect:**

Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface and follow manufacturer’s instructions for application and proper ventilation.

**Options include:**

- **Diluting your household bleach.**
  
  To make a bleach solution, mix:
  
  - 5 tablespoons (1/3rd cup) bleach per gallon of water
  - OR
  - 4 teaspoons bleach per quart of water

  Follow manufacturer’s instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.

- **Alcohol solutions.** Ensure solution has at least 70% alcohol.

- **Other common EPA-registered household disinfectants.**
  
  Products with [EPA-approved emerging viral pathogens](https://www.epa.gov) claims are expected to be effective against COVID-19 based on data for harder to kill viruses. Follow the manufacturer’s instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.).
4. **What recommendations are there if I live with a vulnerable person (individuals over 70 years old, long-term conditions, pregnant, weakened immune system)?**

While quarantining in a shared living space is difficult, there are some steps you can take to help protect other household members from getting sick. Where possible, keep a separate area for those who are sick or those who are well. If that is not possible, disinfect shared spaces after use with routine disinfectant. Continue fastidious handwashing for all members of the household.

**Do**
- Try to keep 3 steps/6 feet away from each other and when in public
- Avoid using shared spaces, such as kitchens or bathrooms at the same time as each other
- Open windows in shared spaces if you can
- Clean a shared bathroom each time you use it, for example by wiping the surfaces you have touched
- Use a dishwasher if you have one - if you do not have one, use washing-up liquid and warm water and dry everything thoroughly

**Don’t**
- Do not share a bed, if possible
- Do not share towels, including hand towels and tea towels