

READY YOUR HOME FOR CORONAVIRUS

If you or someone you live with has corona virus (COVID-19), use this checklist to help prepare your home.

SET UP YOUR HOME

- Choose a separate room and bathroom in the house for the sick person to stay in.
- Make sure shared rooms in the home have good airflow, such as a window that can be opened or an air conditioner.
- Have enough of everyone's regular medications to last several weeks.
- Make a list of emergency numbers—doctor, hospital, family member or close friend.
- Don't touch your pet while sick. Your pet could carry the virus to other members of the family.
- Quarantine means no visitors—tell friends and family that they are not allowed to come over. The sick person should not leave the house until 3 days after the fever and the disappearance of other symptoms without the use of medicine, or after having two negative tests 24 hours apart. This is 7 days after the beginning of the fever.
- Try not to share space with elderly people because they are more likely to become sick.



BE EXTRA CLEAN

- Use a hand sanitizer or wash your hands with soap and water for 20 seconds, about time to sing "Twinkle, Twinkle Little Star" or "Old MacDonald" all the way through. Be sure to wash wrists and fingernails. Wash or sanitize your hands every time you leave the sick room.
- Cover your mouth and nose with the bend/crook of the arm or with a tissue when coughing or sneezing. Throw away used tissue after each use into a lined trash can.
- Do not touch your eyes, nose, or mouth.
- Do not share dishes, drinking glasses, cups, eating utensils, towels, throws or bedding. Wash these items thoroughly. If you have a dishwasher use it for all dishes and utensils.
- Wear a facemask if you are in the room with a sick person. Also have the patient wear a facemask unless it causes them trouble breathing.
- As much as possible, stay 6 feet away from the sick person
- Clean countertops, doorknobs, phones, tables, computer keyboards, and bathrooms with household cleaning spray or disinfecting wipes at least once a day.
- Keep the sick person's laundry separate. Wash in hot water with your usual detergent and dry in the dryer. Handle the laundry with gloves and do not have the dirty laundry against your clothing. Place it directly into the washer.



BUILD A SICK KIT

- Hand soap (do not share soap with a sick person)
- Alcohol-based hand sanitizer (60%-90% alcohol)
- Tissues and a trash can and liners for used tissue in the sick room
- Cough syrup, throat lozenges, honey, numbing throat spray
- Acetaminophen (Tylenol) or ibuprofen (Advil)
- Antihistamine medicine to stop a runny nose
- Thermometer (with throw away plastic covers is best) or have your own thermometer that is not shared.



- Facemasks that cover the mouth and nose, or a bandana or scarf if you do not have a mask
- Disposable gloves that are latex or nitrile
- Hydrating drinks (water, caffeine-free teas, ginger-ale, Sprite, 7-Up, Gatorade, Pedialyte)
- A good supply of soup, broth and crackers
- Applesauce, popsicles or other foods that you like and are easy to swallow
- Paper towels/extra toilet paper
- Household cleaning spray or disinfecting wipes
- TV, computer, phone & charger, books, knitting, crossword puzzles, crafts or other items to keep you busy.



Reminders

Most people will not need to go to the hospital. Even though your symptoms may not be severe, you will still need to take the steps above to prevent the spread of coronavirus to your family and community.

Not everyone will get all the symptoms, and some may be mild while others have more severe symptoms. Watch for fever, sore throat, tiredness, difficulty breathing, diarrhea and abdominal pain. Don't assume that you do not have COVID-19 if you have only some of the symptoms.

Call 911 if you or anyone in your household has any of the following problems:



- A hard time breathing
- Chest pain or pressure
- Unconscious, or won't wake up
- Confusion
- Blue lips or face

Tell the operator that you believe that you have the corona virus. The sick person and the person sharing the house should wear a mask before help arrives to prevent infection of the responders.

Important phone numbers

- Doctor or clinic _____
- Hospital _____
- Pastor or spiritual leader _____
- Support person _____
- Work numbers _____
- Childcare person _____
- Pet care person _____



"Working together for healthier mothers and babies"



This information is provided by the West Virginia Perinatal Partnership, a maternal quality care collaborative. The information contained above does not substitute for the advice of your health care provider. For current information please visit www.cdc.gov/coronavirus/2019-ncov.