

How do I self-isolate in the home with the rest of my family?

With the increasing numbers of positive cases in our area, the “What If’s” are on everyone’s mind. To be proactive in our own households, we need to plan ahead and share the plan with others.

If you have either tested positive or have been instructed to self-isolate, you should do the following:

- Separate yourself from other healthy people in your home as much as possible.
 - You should stay in a specific room designated for isolation and should be for only your use. If it’s available, also use a separate bathroom. If a separate bathroom is not available, you should clean the bathroom several times a day to protect the others in the home.
- You should also limit contact with your pets and animals. No snuggling, hugging, kissing, allowing them to lick you, or sharing of food. If possible, ask someone else to take care of them until you are no longer considered contagious. It’s still not clear if COVID-19 is spreadable to our household animals.
- Avoid sharing household items such as dishes, glasses, eating utensils, towels, and bedding. If someone is washing these items for you, make sure they are wearing gloves before handling them.
- You should clean “high touch” surfaces in your isolation area yourself. Another person should clean the “high touch” surfaces in the common areas of the home. If you are not capable of cleaning the area on your own; the healthy person coming in to clean should wear gloves and a mask before entering the isolation area.
 - Examples of these items are phones, remotes, countertops, tabletops, doorknobs, bathroom fixtures, toilets, showers, keyboards, tablets, bedside tables, refrigerator handles, microwave and oven handles, light switches.
- Continue to wash your hands, cover your cough or sneeze, and stay home unless you are directed by a health professional to do otherwise.

