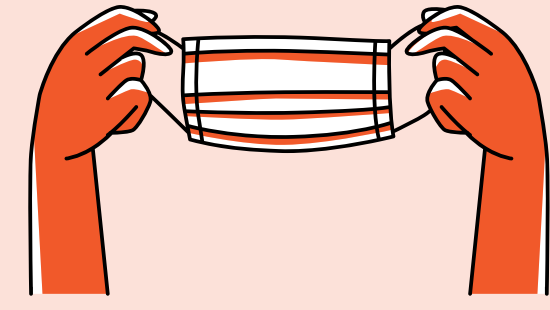


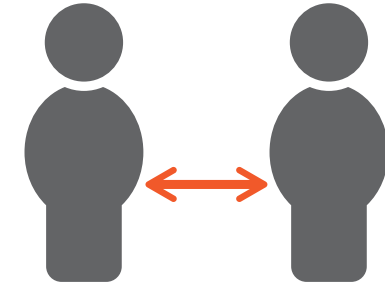
How to manage your COVID-19 symptoms at home

If you live with others and have tested positive for COVID-19 and/or have symptoms, there's a high-risk that you could spread it to people in your home. To protect your home, follow these tips:

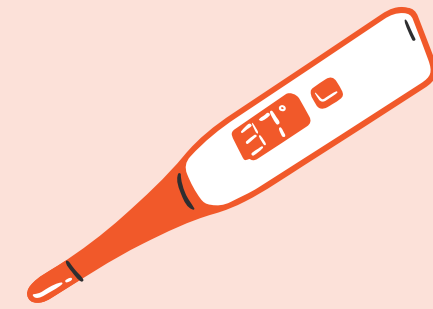
1 **Wear a mask**
around anyone inside your house at all times.



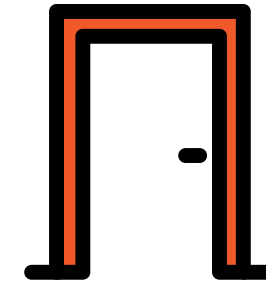
2 **Maintain a physical distance**
of at least 6 feet (2 meters) at all times.



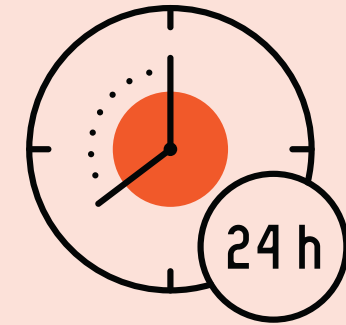
3 **Monitor your symptoms.**
If your symptoms get worse, call your healthcare provider or King County COVID-19 Call Center if you do not have one.



4 **Stay in a designated room**
and away from your household as much as possible.



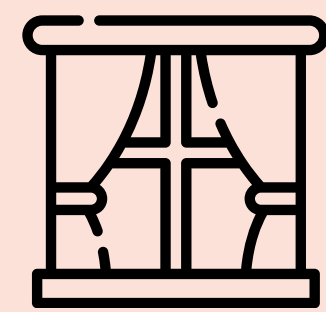
5 **Use shared spaces like the kitchen or bathroom at different times.**
Always clean surfaces & wash utensils after each use.



6 **Avoid sharing personal items**
with people you live with, such as utensils, towels, bedding.



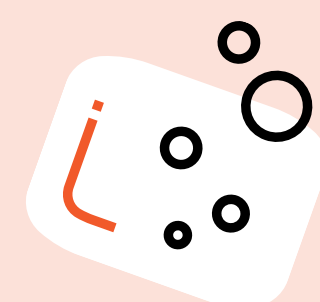
7 **Open windows to improve ventilation**
and increase airflow, especially if you're sharing a bathroom.



8 **Clean all surfaces**
that are touched often after use, like doorknobs or counters.



9 **Stop the spread of germs with good habits**
Cover your cough and sneezes. Wash your hands frequently with soap and water or hand sanitizer with at least 60% alcohol.



January 1, 2024

How to **care for others** with COVID-19 at home

Living with someone with COVID-19 is one of the riskiest ways to get COVID-19. It's possible that if you share a room with someone who has COVID-19, you might be infectious and not know it.

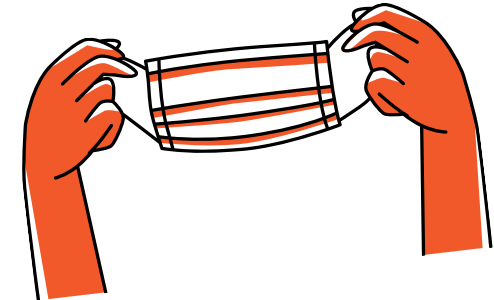
If you're living with someone with COVID-19, we recommend following these steps:

1 Choose one person in the home to be the main caretaker.

Make sure the person with COVID-19 gets plenty of rest. Use over-the-counter medication for symptoms. Follow instructions from their healthcare provider.

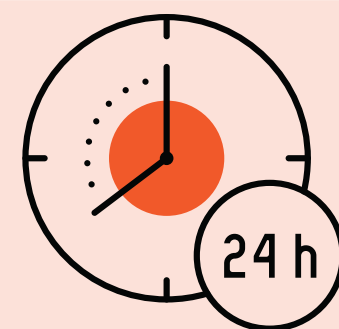
2 Wear a mask

if you need to be around other people inside or outside of your home.



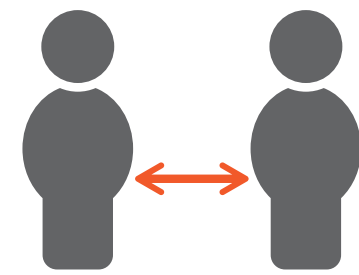
3 Use shared spaces like the kitchen or bathroom at different times.

Always clean surfaces & wash utensils after each use.



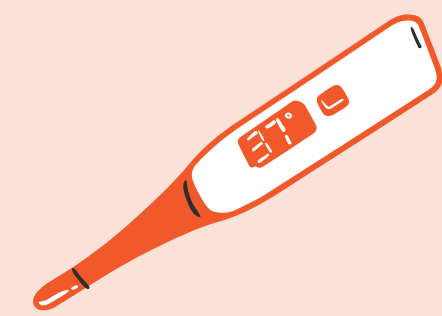
4 Anyone who is not the main caretaker should maintain a physical distance

from the person with COVID-19.



5 Monitor your symptoms

in case you are infected with COVID-19.



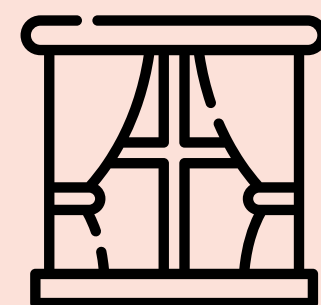
6 Avoid sharing personal items

with people you live with, such as utensils, towels, bedding.



7 Open windows to improve ventilation

and increase airflow, especially if you're sharing a bathroom.



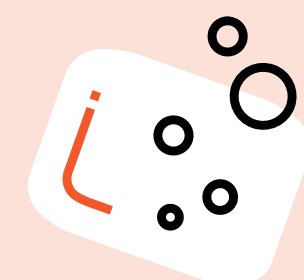
8 Clean all surfaces

that are touched often after use, like doorknobs or counters.



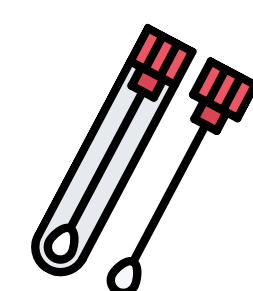
9 Wash away germs

Wash your hands frequently with soap and water or use hand sanitizer with at least 60% alcohol.



10 Get tested for COVID-19.

Quarantine starting on the last day that the person with COVID-19 completes their isolation.



January 1, 2024

For more tips on how to care for others with COVID-19 at home, visit kingcounty.gov/covid/self-care.