

# 10 recommendations to protect others when you have COVID-19 and are cared for at home

If you tested positive with COVID-19 but do not have symptoms or your disease is mild or moderate, your doctor might suggest home care for you instead of hospitalization.

While at home, protect others from COVID-19 by following these 10 steps:

**1. Stay in a separate room.**

If you tested positive for COVID-19 you should limit your contact with others as much as possible. If it is not possible to stay in a separate room, keep a distance of at least 1 meter from others at home.

**2. Ensure good ventilation.**

The room you stay in should have good ventilation. Keep the windows open if possible and safe to do so.

**3. Wear a mask.**

You should wear a medical mask as much as possible, in particular, when not alone in the room and when a 1 metre distance from others cannot be maintained. Your caregivers and household members should also wear a medical mask while in the same room with you.

**4. Have one caregiver.**

Limit the number of caregivers to one person with no underlying conditions if possible.

**5. Don't allow visitors.**

By not allowing visitors in your home while you are sick, you will protect others and help to stop the transmission of COVID-19. Keep in touch with friends and family via phone or the Internet if possible.

**6. Clean surfaces.**

Surfaces that you touch frequently should be cleaned and disinfected at least daily.

**7. Don't share personal items.**

You should have dedicated dishes, cups, eating utensils, towels and bed linens. They should be washed with soap and water, and not shared.

**8. Cover your mouth when you cough or sneeze.**

When you cough or sneeze, cover your mouth with your flexed elbow or a disposable tissue that is discarded immediately after use.

**9. Practise good hand hygiene.**

Everyone in the household should wash their hands with soap and water regularly.

**10. Dispose of waste safely.**

Your waste should be packed in strong closed bags before disposal.

**If your condition worsens, contact your doctor by phone and seek medical advice.**



Learn more about home care and COVID-19, by clicking [here](#) or scan:

