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: