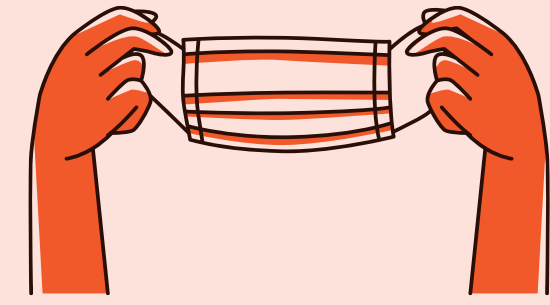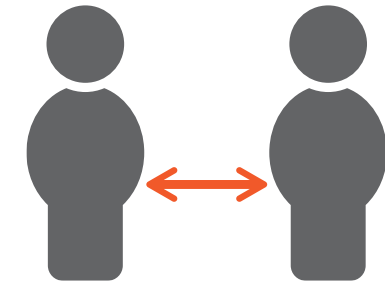# How to manage your COVID-19 symptoms at home

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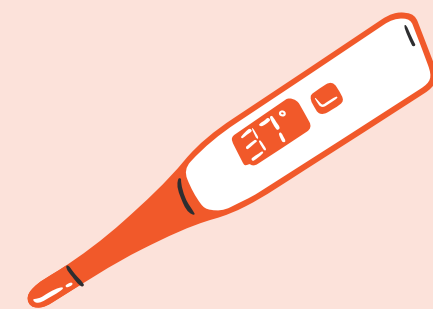
1 Wear a mask
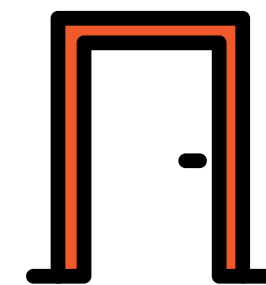around anyone inside your house at all times.

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

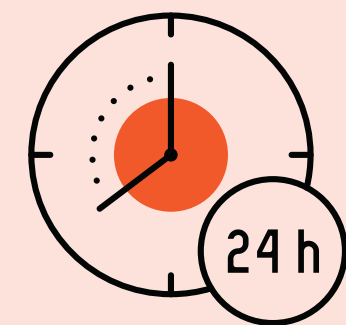**3 Monitor your symptoms.**
If your symptoms get worse, call your healthcare provider or King County COVID-19 Call Center if you do not have one.

4 Stay in a designated room
and away from people in 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.
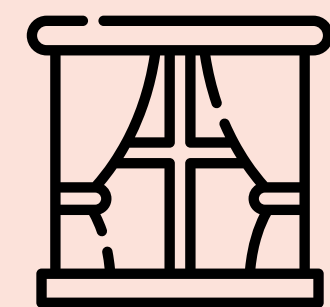
8 Clean all surfaces
that are touched often after use, like doorknobs or counters.

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.
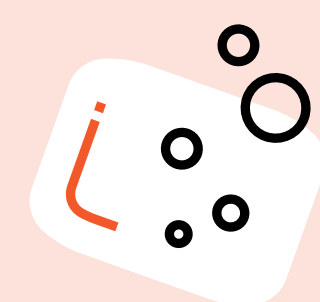
December 23, 2021

If you don't have a healthcare provider or need help to isolate away from your home, call the King County COVID-19 Call Center: 206-477-3977. Interpreters available.

Public Health
Seattle & King County

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.
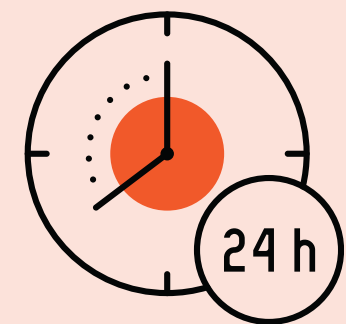
2 Wear a mask
if you need to be around other people inside or outside of your home.
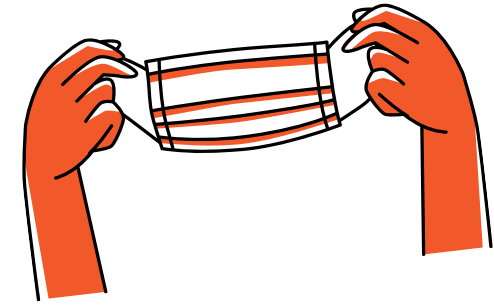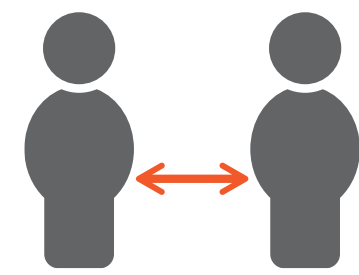
3 Use shared spaces like the kitchen or bathroom at different times.
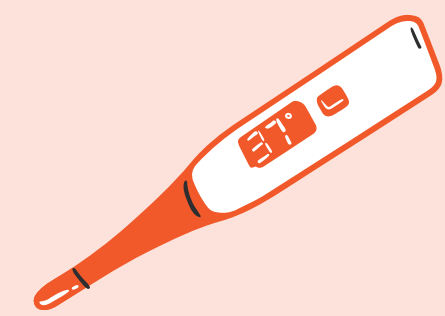Always clean surfaces & wash utensils after each use.

4 Anyone who is <u>not</u> the main caretaker should maintain a physical distance
from the person with COVID-19.

5 Monitor your symptoms
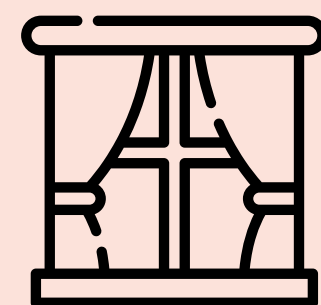in case you are infected with COVID-19.

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

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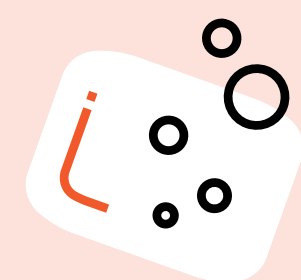and increase airflow, especially if you're sharing a bathroom.

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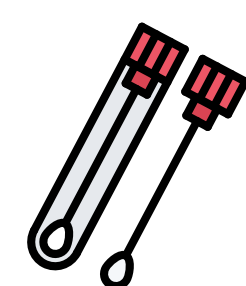that are touched often after use, like doorknobs or counters.

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.

December 23, 2021

If you don't have a healthcare provider or need help quarantining away from your home, call the King County COVID-19 Call Center: 206-477-3977. Interpreters available. For more tips on how to care for others with COVID-19 at home, visit **kingcounty.gov/covid/self-care**.

Public Health
Seattle & King County