

# Living with Someone with COVID-19



If someone you live with has COVID-19 symptoms or has recently tested positive for COVID-19, but is not sick enough to need a hospital, there are ways you can help them recover at home and protect your own health.

## Pick a "sick room":

- The person with COVID-19 should stay alone in a room with a closed door, if possible. Children and pets should stay out of the room.
- Make sure the room has good air flow. Open a screened window and turn on a fan to bring in fresh air.
- If you do not have more than one bedroom, sleep on a couch or temporary mattress so that you can use other common living spaces while the person with COVID-19 stays in their room.
- If you must share a bedroom with a person who is sick, consider sleeping head to toe. If possible, place beds 6 feet apart or use a curtain or other physical divider (cardboard, etc.) to separate the person who is sick from others in the room.



## Stay separate and clean frequently:

- Use separate bathrooms - If you have more than one bathroom, dedicate one bathroom for only the person with COVID-19 to use.
- Eat, sleep, work, and relax in separate rooms than the person with COVID-19. If you must briefly share a common space, keep at least 6 feet of distance between yourself and the person with COVID-19.
- Clean your hands often.
- Do not share personal items such as dishes, toothbrushes, towels, and cell phones
- Clean and disinfect surfaces, doorknobs, and other commonly touched surfaces with registered disinfectants daily.
- The household member with COVID-19 should wear a cloth face covering if they are around others in the home.



## If needed, have only one person in the household as the assigned caregiver to the person with COVID-19:

- The caregiver should be someone who is not at higher risk for severe illness.
- The caregiver should clean where the person with COVID-19 has been, as well as their bedding, laundry and food service items.
- The caregiver should minimize contact with others in the household.
- The caregiver should minimize contact with the person with COVID-19 when not providing care (keeping at least 6 feet of distance).
- The caregiver should understand the emergency warning signs of COVID-19 (trouble breathing, persistent pain or pressure in the chest, inability to wake or stay awake, new confusion, bluish lips or face) and know when to call a doctor for help.



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## Provide support while staying separate:

- Make sure the person with COVID-19 drinks a lot of fluids to stay hydrated, rests, and uses over-the-counter medicines to help with symptoms after talking to their doctor.
- Deliver food, drinks, tissues, or medicine on a tray or cookie sheet outside of their closed door. If they are unable to get out of bed, the designated caregiver should deliver items into the "sick room" while wearing a face covering.
- Connect virtually, even while in the same house. Make sure the person with COVID-19 can connect virtually with other family and friends and even try to engage by watching the same movie or show, or reading the same book.
- Your local health department may be able to provide services if extra support is needed during this time.



## Get tested for COVID-19

- Talk to your doctor to ask about getting tested because of your exposure.
- There are many testing sites available throughout Virginia where you can get tested.



## Quarantine (stay home and away from others) if you live with someone with COVID-19:

- If you **separated** from the person in your house with COVID-19 (no time together in the same room, no sharing of any spaces, such as the same bathroom or bedroom, etc.), then you should quarantine, watch for symptoms, and follow all recommendations (e.g., wear a mask, watch your distance, and wash your hands often) for 14 days after your last close contact. If you are not able to stay home for 14 days after contact and do not have symptoms, you may leave home earlier:
  - Counting your date of last exposure as Day 0: after Day 10 without testing; or
  - After Day 7 with a negative PCR or antigen test performed on or after Day 5.
- If you were **unable to separate** from the person in your house with COVID-19, then you should stay home and monitor your health while the person with COVID-19 is sick and for an additional 7-14 days (see above) after the person is considered no longer infectious (at least 10 days since symptoms first appeared or, if asymptomatic, 10 days since they first tested positive **and** 24 hours with no fever without using fever-reducing medicine **and** other symptoms have improved). This is a longer time than the person who had COVID-19 because of your ongoing exposure in the household through any of the following activities:
  - Being within 6 feet of a person with COVID-19 for a total of 15 minutes or more over a 24-hour period
  - Sharing a bathroom, bedroom or common spaces with the person with COVID-19
  - Providing care for the person with COVID-19
  - Having direct physical contact with the person (touched, hugged, or kissed them)
  - Sharing eating or drinking utensils with the person with COVID-19
  - Being exposed to the person's respiratory secretions (being coughed or sneezed on)



**IF YOU HAVE MORE QUESTIONS ABOUT COVID-19,  
PLEASE CONTACT 877-ASK-VDH3 (877-275-8343)**

