Tips

How to Create Quarantine Space While Living in Tight Quarters

If you have been exposed to COVID-19, it is important to have a space to quarantine. If possible, it is best to stay in a separate bedroom and bathroom from others in your household. When this is not possible, it is still important to separate them from others in the household as much as possible. If you live in tight quarters or in a crowded household here are some things you can do to protect yourself and your loved ones:

One Caregiver:
If possible, choose one person in the household to take care of anyone who is sick. This person should not be at high risk and should minimize contact with others in the household as much as possible.

Separate as much as possible:
Maintain 6ft between the person who is sick and others as much as possible. The person who is sick should wear a mask when they are around others to prevent spreading the virus . Identify another caregiver for other members of the house who need help with daily tasks.
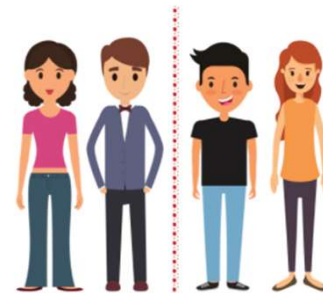
When sharing a bedroom, with someone who is sick follow these precautions:
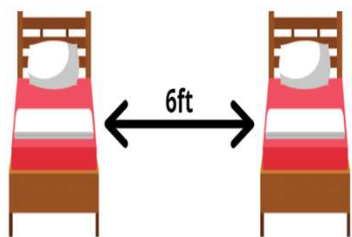
- Make sure that the room has good air flow by opening a window and turning on a fan to circulate the air
- If possible, maintain at least 6 ft between beds
- Sleep in opposite directions (one's head to the other's toes)
- Make a physical divider to separate beds

6ft

If you need to share a bathroom, the person who is sick should clean and disinfect the commonly touched areas in the bathroom after each use.

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