

# 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](#). Use a bedroom and bathroom that are not used by the rest of your household. When this is not possible, separate 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:

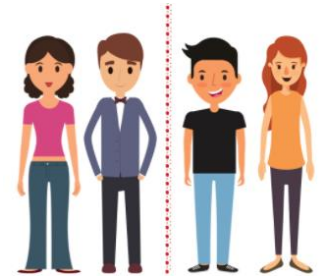


### One Caregiver:

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.

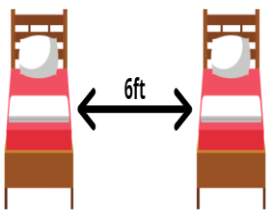
### Separate As Much As Possible:

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 a different caregiver to assist other members of the house who need help with daily tasks.



### When sharing a bedroom with someone who is sick follow these precautions:

- Create good air circulation in the room by opening a window and turning on a fan.
- 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.



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.



Alameda County  
Health Care Services Agency



Alameda County Public Health Department  
Celebrating Healthy People in Healthy Communities

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