



How to Isolate A Sick Family Member



Isolation is used to separate people who are sick with COVID-19 from people who are not infected. **When isolating a sick family member, follow these instructions:**

1. **Isolate the sick person in a separate room away from others.**
2. **The sick person should stay in isolation until they meet the criteria to end home isolation.**
3. **Do not share airspace in the same room.**
 - Wait 15 minutes between using rooms and
 - Increase ventilation (open a window and turn on a fan to bring in and circulate fresh air if it is safe and practical to do so.)
4. **Have the sick person wear a mask when they need to be out of the isolation room or must be around others in the household.**
5. **Keep at least 6 feet (about 2 arm length) apart-between the sick person and others, including pets.**
6. **All household members should cover coughs and sneezes and avoid touching your eyes, nose, mouth, and mask.**
7. **Do not share personal items like phones, dishes, cups, utensils, towels, bedding, toothbrushes, or toys with the sick person.**
8. **All household members should wash hands often with soap and water** or use a hand sanitizer with at least 60% alcohol.
9. **Have only one person in the household take care of the sick person, if needed.** This caregiver should not be at an increased risk for severe illness.
 - Have a caregiver for the sick person and a different caregiver for rest of the household who need help with cleaning, bathing, or other daily tasks.
 - It is recommended the caregiver wear a mask when caring for the sick person.
10. **Clean and disinfect anywhere in the house the sick person has been, as well as their bedding and clothing.**
11. **If you must share a bathroom with the sick person,** have them:
 - Clean and disinfect after each use.
 - The sick person (and caregiver) should wear a mask when in the bathroom
 - Wait at least 15 minutes after the sick person has used the bathroom before going in to clean and wear disposable gloves to disinfect the bathroom.
 - Open a window and turn on a fan to bring in and circulate fresh air if it is safe and practical to do so.

Testing is recommended to be completed 5-7 days after last exposure

12. If you must share a bedroom with the sick person:

- You continue to be exposed.
- Make sure the room has good air flow. Open a window and turn on a fan to bring in and circulate fresh air if it is safe and practical to do so.
- Place beds at least 2 meters or 6 feet (about 2 arm lengths) apart. If this isn't possible, sleep head to toe.
- Put a physical divider around the sick person's bed. For example, a shower curtain, room screen divider, large cardboard poster board, quilt, or large bedspread.
- Wash and dry linens after the sick person uses them. Wear disposable gloves while handling dirty laundry.

13. Don't have visitors unless they need to be in your home (e.g., visit by a nurse). Let visitors know that someone in your home is sick with COVID-19. If visitors must enter, they should wear a mask and stay as far away as possible from the sick person, at least 2 meters or 6 feet (about 2 arm lengths).

14. Household members should test at least 6-8 days after last exposure

Quarantine Time for Household Contacts

- 1. Those caring for small, dependent children with COVID-19 OR when the sick person cannot isolate from household members:**
 - Quarantine begins when the sick person has tested positive for COVID-19
 - And continues 14 days after the sick person completes isolation
- 2. For household members that can quarantine away from the sick person and follow the above guidelines:**
 - Quarantine begins the date of last exposure to the sick person and continues for 14 days

For more information, please go to:

Quarantine and Isolation: http://bit.ly/covid19_endisolation

Masks: [How to Wear and Take Off Your Mask \(cdc.gov\)](https://www.cdc.gov/masks/how-to-wear-and-take-off-your-mask)

Cleaning and Disinfecting: https://bit.ly/covid19_clean_disinfect

Ventilation: [Improving Ventilation in Your Home | CDC](https://www.cdc.gov/ventilation/improving-ventilation-in-your-home)

**Questions? Call the Ford County Public Health Department at
217-379-9281**

Testing is recommended to be completed 5-7 days after last exposure