

Coronavirus Disease 2019 (COVID-19)

MENU >



Protect your Home from COVID-19

Updated Nov. 30, 2020



COVID-19 can spread anywhere, even places where you feel safe, like your home. If even one person in your [household](#) gets COVID-19, it can spread to others in your home. Learn what you can do to keep COVID-19 outside your home, and if it gets in your home, what you can do to keep it from spreading.

What is a household?

- Anyone who currently lives in and shares common spaces in your housing unit (house or apartment)
- Households can include family members and or people who aren't related to you, like roommates
- People who don't currently live with you (for example, college students who return home from school on breaks) are part of different households

Keep COVID-19 Outside Your Home

When you leave your house for work, to run errands, or for any other reason, you have a chance of being exposed to COVID-19 and bringing it back to your home.

The chances of being exposed increase when you

- Have close contact with other people (closer than 6 feet)
- Spend more time with other people
- Spend time in crowds (more than 10 people)
- Spend time in indoor spaces, particularly if poorly ventilated

Keep COVID-19 outside your home! When around people who don't live in your home, wear a mask, wash your hands, and stay at least 6 feet apart to protect yourself and prevent bringing COVID-19 into your home.

Wear a Mask

- [Wash your hands](#) before putting on your mask.
- [Wear your mask](#) over your nose and mouth and secure it under your chin.
- Fit your mask snugly against the sides of your face.
- Make sure you can breathe easily.
- When you [take off your mask](#), handle it only by the ear loops or ties.
- [Store your used mask](#) safely to keep it clean between uses.
- Wash your cloth mask regularly, preferably in a washing machine.

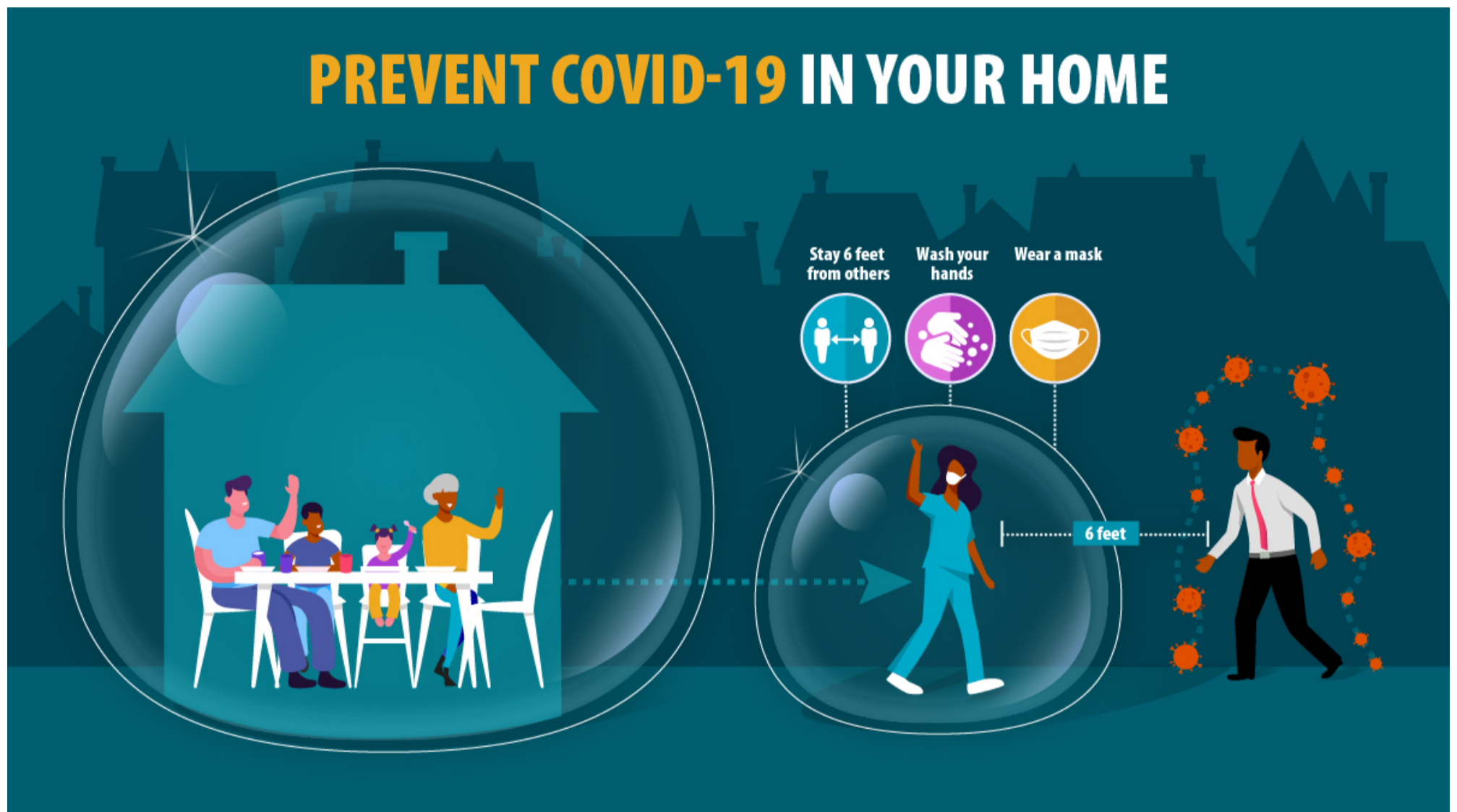
Learn more about [how to wear a mask](#) and [how to store and wash masks](#).

Stay at least 6 Feet Apart and Avoid Crowds

- [Stay at least 6 feet \(about 2 arm lengths\) from other people](#). Remember that people can spread the virus even if they don't have symptoms.
- Avoid crowds and indoor spaces as much as possible, particularly ones that aren't well ventilated
 - The more people you are in contact with, the more likely you are to be exposed to COVID-19.

Wash Your Hands

- [Wash your hands](#) often with soap and water for at least 20 seconds.
- If soap and water aren't available, use a [hand sanitizer](#) that contains at least 60% alcohol.
 - Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth until after you wash your hands.



Prevent COVID-19 Inside Your Home

If your household includes one or more people who are more likely to get very sick from COVID-19 then **all household members should act as if they are more likely to get very sick**. Learn how to [protect yourself and others](#).

If you aren't able to take steps to keep COVID-19 outside your home, then stop it from spreading inside your home, especially if you have someone at home who [is more likely to get very sick](#) from COVID-19. Take these steps to protect people in your household.

- Wear a mask in shared spaces around others
 - If you or others in your household are in close contact (within 6 feet) of other people who don't live in your household and if you have household members who are [more likely to get very sick from COVID-19](#) (older adults, people with specific medical conditions or who have to take extra precautions), consider wearing masks in shared spaces around others in your home.
- Stay at least 6 feet apart
 - In shared spaces, stay about 2 arm lengths apart. Remember that people can spread the virus even if they don't have symptoms.
- Wash your hands often with soap and water for at least 20 seconds

- Wash your hands often with soap and water for at least 20 seconds
 - Use hand sanitizer if soap and water aren't available.
- Monitor your health daily
 - Watch for fever, cough, shortness of breath, or [other symptoms](#) of COVID-19.
- Clean and disinfect [high-touch](#) surfaces in shared spaces
- Avoid sharing personal household items
- Do not share items such as dishes, drinking glasses, cups, eating utensils, or towels with other people in your home.
- Wash these items thoroughly after using them.

If Someone Gets Sick

- Separate the person who is sick from other people in your home, if possible.
- People in the household should stay separated from the person who is sick. If they must be around the person who is sick, they should wear a mask.
- The person who is sick should
 - Stay in a separate room and away from other people and pets
 - Use a separate bathroom
 - Wear a mask around others
- Be sure the person who is sick
 - Covers their mouth and nose with a tissue when coughing or sneezing
 - Throws away used tissues in a lined trashcan. [Washes their hands](#) often.
- Does not prepare, serve, or assist in preparing or serving, food to others.

For more information on what to do if someone is sick in your home, see [Caring for Someone Sick at Home](#).

Protect Your Health This Flu Season

It's likely that flu viruses and the virus that causes COVID-19 will **both** spread this fall and winter. Healthcare systems could be overwhelmed treating both patients with flu and patients with COVID-19. This means getting a flu vaccine during 2020-2021 is more important than ever.

While getting a flu vaccine will not protect against COVID-19, there are many important benefits, such as:

1. Flu vaccines have been shown to reduce the risk of flu illness, hospitalization, and death.
2. Getting a flu vaccine can also save healthcare resources for the care of patients with COVID-19.