

# HOW TO CORONAVIRUS-PROOF YOUR HOME

Life under coronavirus means staying at home as much as possible – but you'll likely need to make a trip to the grocery store or pharmacy at some point.

**Note:** Recommendations for Covid-19 may change as officials learn more, so monitor your local health department and the [Center for Disease Control and Prevention](#) for updates.



## Make a game plan

- Designate one person to be your errand-runner to limit your outside exposures



## When you're out (Social Distancing)

- Avoid coming within less than six feet of others
- Wipe handles on carts or baskets while shopping
- You don't have to have gloves or a mask – just wash your hands frequently while you're out and avoid touching your face



## When you get back

- [Wash your hands](#) with soap and water for 20 seconds
- Thoroughly wash produce before putting it in your kitchen



## Disinfect

- Disinfect everything you touch – doorknobs, light switches, keys, phones, keyboards, remotes, etc.
- Use **EPA-approved disinfectants** (these include Clorox Disinfecting Wipes and certain Lysol sprays) and leave surfaces wet for 3-5 minutes.



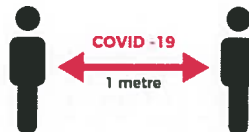
## Delivery

- If they need you to come to the door, keep six feet of distance
- Pay and tip online when possible
- After you pick up mail from your mailbox, wash your hands



## Laundry

- Wash clothes, towels and linens regularly on the warmest setting
- Disinfect your laundry hamper, too, or place a removable liner inside it
- Don't shake dirty laundry to avoid dispersing the virus in the air



## Guests

- You shouldn't allow guests over right now
- If you need to house a family member or friend, avoid shared living spaces as much as you can
- If they need to enter shared living spaces, ask them to keep six feet of distance



## If someone in your home gets sick

- First, consult your doctor
- Isolate them in another room and ask them to use a separate restroom
- Disinfect frequently touched surfaces every day
- Avoid sharing items with them
- Wear gloves when washing their laundry
- Continue to wash your hands frequently
- Ask them to wear a face mask if they have one



## Supplies you'll need

- EPA-approved disinfectants
- If you don't have disinfectants, make a bleach solution:
  - Mix four teaspoons bleach per quart of water; or
  - Use a 70% alcohol solution
- Laundry detergent
- Trash bags
- Prescription medicines (you can mail order these or delivered)
- Canned foods – fruits, veggies, beans
- Dry goods – breads, pastas, nut butters
- Frozen foods – meats, veggies, fruits



## Pets

- Supervise your pet in the approved pet area.
- It's **OK to play with them** outside – just keep your distance from other humans
- If you're sick, ask someone you live with to take care of them while you recover
- If you must care for them while you're sick, wash your hands frequently