

CORONAVIRUS

Bringing safety home: protecting yourself and your family

Safety always starts at home, and disease prevention is no different. To better protect you and your loved ones during the Coronavirus pandemic, here are some helpful tips.

All households



Clean their hands at the door and at regular intervals throughout the day



Create habits and reminders to avoid touching their face and cover coughs and sneezes



Disinfect surfaces like doorknobs, tables and handrails regularly



Increase ventilation by opening windows or adjusting air conditioning

Households with seniors or those with significant underlying health conditions

These conditions could include heart, lung, kidney disease, diabetes or conditions that suppress the immune system



Have the healthy people in a household conduct themselves as if at the same level of risk as those with vulnerability. Hands should be washed frequently before interacting with, feeding or caring for the more vulnerable individual.



Provide a protected space for vulnerable household members if possible.



Ensure all utensils and surfaces are cleaned regularly.

Households with sick family members



Give sick family members their own room if possible, and keep the door closed



Consider providing additional protections or more intensive care for household members over 65 years of age or with underlying conditions



Have only one family member care for the sick person

Protecting your home protects our communities!