

Keeping Family Safe If You Have COVID-19

Frequently Asked Questions (FAQs) for Healthcare Workers

If I have COVID-19, can I be at home with my family?

Yes, you can be at home with your family if you are sick with COVID-19, but you will need to follow strict hygiene and distancing processes to avoid getting others sick (see below). Because the incubation period for COVID-19 can range from 2-14 days, it is possible that your family has already been exposed to the virus by the time you were diagnosed, but it is still important to follow the recommendations below in case they have not. If you got the virus from a family member, then anyone in your family that was sick is likely to be immune and will not get sick again from you.

I have COVID-19 symptoms – how can I protect my family and others?

The CDC has a number of helpful resources to guide you through your illness and we strongly recommend you visit this website: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>. The following steps should be followed by you and your household members to minimize the risk of transmission within the home.

Remember, COVID-19 is transmitted in one of two ways:

- Direct droplet spray from a sick person into the eyes, nose, or mouth of another person
- Touching something contaminated with the virus and then eating or touching your eyes, nose, or mouth with unclean hands. This happens when the sick person touches something which someone else then touches and transfers the virus to their eyes, nose, or mouth because they do not wash their hands. Remember that the virus often lives several hours, sometimes 1 or 2 days, on surfaces.

1. Physically Separate Yourself From Others

- Stay in a different room from others in your home
- Keep a 6-foot distance from others in the home as much as possible
- Do not hug, kiss, or touch others while you are sick
- If available, use a separate bathroom
- Stay at home except for serious medical care that might require hospitalization.
 - Do not leave home to go to work, public areas, shopping, and do not use public transportation or taxis.
 - If you need groceries or supplies, ask family, friends, or neighbors bring it to you and leave it outside your door.

2. Follow Strict Hygiene Practices to Minimize Transmission

- You and all your household members should wash hands frequently. Use soap or use alcohol-based hand sanitizer (with 60 to 95% alcohol) often, including before and after touching your face or touching any other object someone else may need to touch (e.g. door handle, refrigerator). Be sure to cover all surfaces of your hands, including the fingertips.

