

# Preventing Spread of COVID-19 in Multifamily and Multigenerational Households

This information is for large and extended families and others who live together. With many people living close together and interacting every day, COVID-19 could spread easily. Some people have more risk of getting very sick from COVID-19 (see [CDC: People at Increased Risk \(www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html\)](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html)). The following information can help you protect the people you live with, especially those who are most at risk.

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## General guidelines

- Stay at least 6 feet away from other people living in the house who are at higher risk of getting sicker than others if they get COVID-19. Older adults and people who have other health problems are at higher risk.
- Have supplies ready in case someone gets sick, such as a thermometer, masks, sanitizing wipes, tissues, soap, hand sanitizer, medications, and emergency contact information for children.

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## Follow if someone is sick

Look for emergency warning signs for COVID-19. If someone has trouble breathing, pain that does not go away or pressure in the chest, new confusion, bluish lips or face, and inability to wake up or stay awake, get emergency medical care right away.

## What the person who is sick should do

- Wear a cloth face covering when with others as much as possible, except when sleeping.
- Sleep alone, in their own bedroom, and use their own bathroom, if possible. If sharing a sleeping space, sleep head to toe.
- Eat in a place away from others or at a different time than others. They should not make food or serve themselves, to help prevent spread of germs.

- They should not use public transportation, ridesharing (such as Uber or Lyft), or taxis to go to a clinic or hospital. Have a family member take them or call 911 if it's an emergency. The family member and person who is sick should both wear masks in the car.

## What other people who live in the home should do

- Choose only one person who is not high-risk who lives in the house to take care of the person who is sick, if possible.
- Everyone who lives in the house should stay at least 6 feet away from the person who is sick, as much as possible.
- Everyone who lives in the house, including children age 2 and older, should wear a mask when they are in the same room with the person who is sick.
- Everyone should wash or sanitize their hands after touching surfaces and items in rooms used by the person who is sick or before eating and drinking.
- If sharing a sleeping space, hang curtains or put up cardboard walls to separate the person who is sick from others who are sleeping in the same room.
- If sharing a bathroom, clean and disinfect doorknobs, faucets, and other surfaces each time the person who is sick uses the bathroom. Wait as long as possible after the person who is sick leaves the bathroom before entering it to clean and disinfect.
- When doing laundry, dirty laundry from a sick person can be washed with other people's items.
  - Clean and disinfect the laundry basket or place a bag liner in the basket that you can either wash and reuse or throw away after each use (such as a plastic bag).
  - Wash your hands afterward.

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## Follow all the time, even if no one is sick

### Transportation and essential errands

- Stay 6 feet apart from others and wear a mask when around people who do not live with you.
- When in a vehicle, everyone should sit as far apart as possible and wear a mask, especially people at higher risk of getting sicker from COVID-19.
- Open windows or vents to bring in air from the outside to get more air flowing inside the vehicle.
- Go out only when you must do things that are necessary to live, such as shop for groceries, go to medical appointments, visit a pharmacy, and go to work or school.

### Making food and eating

- Choose one or two people who live in the house to shop for groceries. Choose people who are at lower risk of getting very sick from COVID-19.

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- Wash hands before eating. Do not share dishes, drinking glasses, cups, or eating utensils. Wash them with soap and hot water after every use.

### Sleeping and using bathrooms

- If sharing a sleeping room, open windows to get fresh air inside. In colder weather, keep room doors open.
- Use bags or containers to separate each person's toothbrush, lotion, face wash, makeup, and other care products.
- Do not put toothbrushes directly on counter surfaces.

### Cleaning around the home

- Clean surfaces using soap and water, then use cleaning products to disinfect, if available. Cleaning with soap and water reduces the number of germs and dirt on surfaces. Disinfecting kills germs on surfaces.
- Clean high-touch surfaces a lot, such as tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks, and electronics.

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## More information

- [CDC: People at Increased Risk \(www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-increased-risk.html\)](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-increased-risk.html)
- [CDC: Households Living in Close Quarters \(www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/living-in-close-quarters.html\)](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/living-in-close-quarters.html)
- [CDC: If You Are Sick or Caring for Someone \(www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html\)](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html)
- [CDC: Isolate if You Are Sick \(www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html\)](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html)
- [CDC: Protect Yourself When Using Transportation \(www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/using-transportation.html\)](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/using-transportation.html)
- [CDC: Daily Activities and Going Out \(www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/going-out.html\)](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/going-out.html)
- [CDC: When to Quarantine \(www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html\)](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html)



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