Putting Healthy & Safe Living Together in Small Spaces

Here are some tips from the Centers for Disease Control and Prevention (CDC) to stay healthy when someone living with you tested positive for COVID-19 and your home or apartment is small.

- **Move this person to a room in the house away from other people**
- **The person can leave this room when:**
  - 7 days have passed since the date of the first positive test **AND**
    - They have no signs of illness (no cough or shortness of breath).
    - Then for 3 more days, this person must limit contact with others (stay 6 feet away) and wear a cover for their nose and mouth when around other people.

Proper hand washing and cleaning the house (especially common areas, like the bathroom and kitchen) are important:

- **Wash hands:** Everyone in the home needs to wash their hands often with soap and water for at least 20 seconds.
- **Hand sanitizer:** If soap and water are not close by, use a hand sanitizer that contains at least 70% alcohol.
- **Hands off:** Do not touch your eyes, nose, and mouth with unwashed hands.
- **Every day, clean and disinfect things people touch a lot:** This includes tables, doorknobs, light switches, handles, desks, toilets, sinks, and electronics.
  - Clean the area or item with soap and water. Then, use a household disinfectant. Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to kill germs. Many also say to wear gloves, making sure you have good air flow, and wiping or rinsing off the product after use.
  - Most household cleaners will work well. Here is a list of EPA-registered cleaners: [https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2](https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2). These products are for use on items, NOT humans.
  - To clean electronics, follow the company’s instructions. If not available, use alcohol-based wipes or spray containing at least 70% alcohol.