

# 8 Tips for Precautions to Take at Home

If a family member is suspected to have COVID-19, follow the tips below.

(This is a revised version of the summary provided by the Japanese Society for Infection Prevention and Control)  
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## Separate rooms

### ◆ Stay in a separate room.

Avoid eating and sleeping in the same room with the infected person.

- If you cannot separate the room or living area in your home due to childcare needs or space constraints, maintain a distance of at least 2 m from the infected family member. Also, use partitions, curtains, or other barriers to separate the living space.
- If you have no choice but to sleep in the same room, position heads facing away from each other.

### ◆ Infected person should not leave the room often.

Minimize the use of shared areas, such as the toilet and bathroom.

## Limit the number of people caring for the infected patient

- ◆ People suffering from heart, lung, or kidney disease, people with diabetes or reduced immunity, pregnant women, and other high-risk individuals should avoid taking care of the infected person.

## Wear a mask

### ◆ Do not move used masks to other rooms.

- ◆ Do not touch the surface of a used mask. Hold the elastic straps or string when you put off the mask.

### ◆ After you have removed your mask, always wash your hands with soap.

(Alcohol disinfectant is also effective)

- \* If your mask gets dirty, immediately replace it with a new one that is clean and dry.
- \* If you do not have a mask, cover your mouth and nose with a tissue or other material when coughing or sneezing.

## Wash your hands often

- ◆ Wash your hands with soap or disinfect them with alcohol frequently. Always wash your hands before touching your eyes, nose, mouth, or other parts of your face.

## Ventilate your rooms

- ◆ **Ventilate your rooms regularly.** Keep the windows open in shared areas and other rooms for ventilation.

## Disinfect frequently touched surfaces

- ◆ **Wipe frequently touched surfaces** (e.g., door handles, knobs, and bed guards) **with diluted household chlorine bleach** and then wipe them with a damp cloth.
  - The virus survives for a while after landing on objects.
  - Confirm that the main component of the bleach is sodium hypochlorite. Also, make sure that you dilute it before using according to the usage instructions (recommended concentration: 0.05% [i.e., if the concentration of the product is 6%, add 25 mL of the product to 3 L of water]).
- ◆ **Clean toilets and bathrooms frequently with a common household detergent and then disinfect them thoroughly with a household disinfectant.**
  - Towels, clothing, tableware, chopsticks, spoons, and the like can be washed as usual.
  - Items used by the infected person do not need to be washed separately.
- ◆ **Do not share items that have not been washed.**
  - Make sure that towels are not shared in toilets, washrooms, kitchens, and other such areas.

## Wash dirty linen and clothes

- ◆ **Wear gloves and a mask when touching clothes and linen contaminated with bodily fluids. Wash them with a common household detergent and dry them completely.**
  - The virus may be detected in feces.

## Dispose of garbage in a sealed bag

- ◆ **Put used tissues in a plastic bag immediately and seal the bag when you take it out of the room.** After that, wash your hands with soap immediately.

- The infected person should not go out.
- Family members and other persons living with the infected person should monitor their own health (e.g., by taking their temperature) and avoid unnecessary and non-urgent outings. Do not go to work or other public areas, especially if you have symptoms such as a cough or fever.