Protect your home and family from COVID-19 with these healthy habits:

**ALL HOUSEHOLDS**
- Clean hands at the door and at regular intervals.
- Create habits and reminders to avoid touching their face, and cover cough and sneezes using a tissue or their elbow.
- Disinfect surfaces like doorknobs, tables and handrails regularly.
- Increase ventilation by opening windows or adjusting air conditioning.

**HOUSEHOLDS WITH SENIORS/RESIDENTS WITH UNDERLYING CONDITIONS**
*Significant underlying conditions include heart, lung, kidney disease; diabetes; and conditions that suppress the immune system.*
- Have healthy people in the household conduct themselves as if they were a significant risk to the person with underlying conditions. For example, wash hands frequently before interacting with the person, such as feeding or caring for them.
- If possible, provide a protective space for vulnerable household members.
- Ensure all utensils and surfaces are cleaned regularly.

**HOUSEHOLDS WITH SICK FAMILY MEMBERS**
- Give sick members their own room and keep the door closed.
- Have only one family member care for them.
- Consider providing additional protections or more intensive care for household members over 65 years-old or with underlying conditions.

Source: Center for Disease Control and Prevention