Quarantine and Isolation in a Shared Living Space

Quarantine and isolation are two different ways to maintain distance from others and stop the spread of COVID-19 in the home.

- **Quarantine** keeps someone who might have been exposed to the virus away from others, including in the home.
- **Isolation** keeps someone who is sick or infected with the virus away from others, including in their home.

These can be difficult when sharing a home with multiple people. Know the proper steps to keep you and your family safe.

**When Should a Person Quarantine?**

- If they were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more over a 24-hour period
- If they provided care at home for someone who has COVID-19
- If they had direct physical contact with an infected person (hugged or kissed them or were sneezed or coughed on)
- If they shared eating or drinking utensils with an infected person

It is essential to stay home as much as possible.

**Sleep apart.** If possible, the person in quarantine or isolation should use a separate bedroom. If not possible, get creative – use curtains, a quilt, shower curtain, or large piece of cardboard to create a separate sleeping space.

**Do not share objects.** The person in quarantine or isolation should not share items such as bedding, clothing, towels, and dishes with others. This person should also eat separately from others.

**Follow social distancing rules in the home.** The person in quarantine or isolation should keep 6 feet of distance at all times and wear a mask when around others. Do not have visitors at the home.

**Clean and disinfect shared bathroom after each use.** The person in quarantine or isolation should use a separate bathroom. If not possible, this person should clean and disinfect touched surfaces after each use.

**Increase air flow as much as possible.** Keep windows open throughout the home and turn on a fan to circulate the fresh air if possible. A portable air purifier may also be used if open windows are not possible.

**Choose one caretaker.** Assign a low-risk member of the household that is younger or without pre-existing conditions to care for the person in isolation. This assigned person should avoid caregiving for others during this time.