

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/easy-to-read/shared-housing.html>

## Living in Shared Housing

There are many kinds of shared housing.

Apartments are shared housing.

Condos are shared housing.

Dorms are shared housing.

Shelters are shared housing.

Group homes are shared housing.

People in shared housing share spaces.

People in shared housing might share elevators.

People in shared housing might share stairs.

People in shared housing might share the laundry room.

People in shared housing might share the dining room.

Stay at least 6 feet away from other people in shared housing.

Staying at least 6 feet apart is hard in shared housing.

Stay at least 6 feet away from other people in shared spaces.

Staying at least 6 feet apart is hard in shared spaces.

Wear a mask to protect yourself in shared spaces.

Wear a mask to protect your friends in shared spaces.

Wear a mask to protect everyone in shared spaces.

## Protect Yourself Living in Shared Spaces

Stay at least 6 feet away from other people in shared spaces.

Wear a mask in shared spaces.

The mask must cover your nose.

The mask must cover your mouth.

The mask must cover your chin.

The mask must be tight on your face.

Make sure breathing is easy.

Masks may feel different.

Practice wearing a mask.

Practice will help you get used to wearing a mask.

## Wash Your Hands Often

Wash your hands with soap and water.

Wash your hands for 20 seconds.

Sing the happy birthday song twice while washing your hands.

Use hand sanitizer if that is all you have.

Rub the hand sanitizer all over your hands.

Rub your hands until they feel dry.

Washing your hands with soap and water is best.

## Find a Buddy in Your Shared Housing

Your buddy can check on you.

You can check on your buddy.

Your buddy can make sure you feel healthy.

Your buddy can make sure you have food.

Your buddy can make sure you have the things you need.

Wear a mask around your buddy to protect yourself.

Wear a mask to protect your buddy.

## Keep Track of Your Needs

Keep a list of your health needs.

Keep a list of the medicine you take.

Be sure you have the medicine you need.

Ask your doctor about getting extra medicine.

Order medicine online when you can.

Learn about ways COVID-19 can make you sick.

Find out who to call if you need help.

Find out who to call if you feel sick.

Ask how you will get information about COVID-19.

There should be supplies in shared spaces.

There should be tissues in shared spaces.

There should be trash baskets in shared spaces.

There should be hand sanitizer in shared spaces.

There should be soap near shared sinks.

## Rules in Shared Spaces May be Different

Some activities may be different.

Some activities may be cancelled.

Some shared spaces may be closed.

Limit the number of people in shared spaces.

People in shared spaces must stay at least 6 feet apart.

There should be rules limiting visitors.

People with COVID-19 should stay out of shared spaces.

Roommates of people with COVID-19 should stay out of shared spaces.

People with COVID-19 should stay in their own room.

Roommates of people with COVID-19 should stay in their own room.

Ask how you will get information about COVID-19.

People with COVID-19 should use their own bathroom when possible.

People with COVID-19 should clean their own bathroom.

People with COVID-19 should clean shared bathrooms after each use.

Protect yourself if you must share a bathroom with someone with COVID-19.

Wait as long as possible to use a shared bathroom after a person with COVID-19.

Wear a mask when using a shared bathroom after a person with COVID-19.

Clean before using a shared bathroom after a person with COVID-19.

Avoid putting toothbrushes on the counter in the bathroom.

## Protect Yourself from COVID-19 When Eating

People with COVID-19 should eat in their own room.

Roommates of people with COVID-19 should eat in their own room.

Avoid sharing dishes with other people.

Use gloves you can throw away to do the dishes.

Wash dishes in the dishwasher when possible.

Use hot water to clean the dishes when needed.

Take off the gloves when finished.

Throw the gloves away.

Wash your hands.

Dry cleaned items completely.

## Protect Yourself Doing the Laundry

Wear gloves you can throw away to do the laundry.

Use a bag you can wash for dirty laundry.

Avoid shaking items before washing them.

Use a washing machine when possible.

Use warm or hot water when possible.

Take off the gloves when finished.

Throw the gloves away.

Wash your hands.

## Steps if You Have COVID-19

Stay at home when you have COVID-19.

Stay away from other people.

You have to stay home until you feel better.

You may have to stay home for a while.

You may have to stay home for at least 10 days.

Tell someone if you are worried about how you feel.

## Avoid Public Transit

Avoid busses when you can.

Avoid trains when you can.

Avoid taxis when you can.

Stay safer when you must use public transit.

Wear a mask.

Keep the mask on your face.

Keep your hands off the mask.

Stay at least 6 feet away from other people.

Avoid touching things.

Avoid touching rails and seats.

Avoid busy busses and trains.

Wash your hands as soon as you can.

Use hand sanitizer if that is all you have.

Rub the hand sanitizer all over your hands.

Rub your hands until they feel dry.

Washing your hands is best.

Wash your hands for 20 seconds.

Sing the birthday song twice while washing your hands.

Avoid car rides with people who live outside your home.

Stay safer if you must ride with other people.

Wear a mask.

Keep the mask on your face.

Keep your hands off the mask.

Open the windows to make the air move.

Wash your hands as soon as you can.

Use hand sanitizer if that is all you have.

Rub the hand sanitizer all over your hands.

Rub your hands until they feel dry.

Washing your hands is best.

Wash your hands for 20 seconds.

Sing the birthday song twice while washing your hands.

# Help Sick People with Basic Needs

People with COVID-19 get sick in different ways.

Some people with COVID-19 feel fine.

Some people with COVID-19 feel sick.

Help the sick person drink lots of water or juice.

Help the sick person get lots of rest.

Help the sick person do what the doctor says.

Help the sick person get medicine.

Help the sick person with grocery shopping.

Help the sick person get things they need.

Keep pets away from the sick person.

Take care of pets for the sick person.

Most people with COVID-19 feel better after a week.

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