

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/easy-to-read/living-in-close-quarters.html>

## **Protect Yourself in a Shared Home**

Some people with COVID-19 feel fine.

Some people with COVID-19 feel bad.

COVID-19 can make some people very sick.

COVID-19 can make people with other problems very sick.

## **Only Leave Your Home When Needed.**

Get things delivered when you can.

Only run errands when you must.

Only go out to get food when you must.

Only go out to get medicine when you must.

Only go out to visit the doctor when you must.

The same 1 or 2 people should run errands.

The people running errands must be healthy.

The people running errands must feel fine.

Use hand sanitizer when running errands.

Wear a mask when running errands.

Keep the mask on your face.

Keep your hands off the mask.

Stay at least 6 feet away from people outside your home.

Stay away from crowds.

Only touch things you want to buy.

Use hand sanitizer right after you pay.

Rub the hand sanitizer all over your hands.

Rub your hands until they feel dry.

Wash your hands when you get home.

Wash your hands with soap and water.

Wash your hands with soap and water for 20 seconds.

Sing the happy birthday song twice while washing your hands.

## **Avoid Public Transit**

There are many kinds of public transit.

Buses are a type of public transit.

Avoid busses when you can.

Trains are a type of public transit.

Avoid trains when you can.

Taxis are a type of public transit.

Avoid taxis when you can.

Protect yourself when you must use public transit.

Protect yourself by wearing a mask.

Wear a mask.

Keep the mask on your face.

Keep your hands off the mask.

Protect yourself by staying away from other people.

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.

## **Protect People with Health Problems at Home**

Avoid hugging people with health problems.

Avoid kissing people with health problems.

Avoid sharing food with people with health problems.

Avoid sharing drinks with people with health problems.

## **Stay Away from People with COVID-19**

People with COVID-19 get sick in different ways.

Some people with COVID-19 feel fine.

Some people with COVID-19 feel sick.

Stay away from people with COVID-19 when you can.

Keep people with COVID-19 away from people with other health problems.

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

People with COVID-19 should clean their own room.

People with COVID-19 should use their own bathroom.

People with COVID-19 should clean their own bathroom.

Only healthy people should care for people with COVID-19.

Protect yourself if you must help a person with COVID-19.

## **Protect Yourself in Shared Places with People with COVID-19**

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.

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

Keep the window open if you must share a room.

Keep beds at least 6 feet apart in shared rooms.

Put a divider between beds in shared rooms.

Sleep head to toe in shared beds.



## **Protect Yourself from COVID-19 When Eating**

Stay away from people with COVID-19 when eating.

People with COVID-19 should eat in their room.

Use gloves you can throw away to handle dishes used by people with COVID-19.

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.

Development of these materials was supported by a grant from the CDC Foundation, using funding provided by its donors. The materials were created by the Center for Literacy & Disability Studies, Department of Allied Health Sciences, University of North Carolina at Chapel Hill and the Center for Inclusive Design and Innovation at Georgia Tech. Centers for Disease Control and Prevention (CDC) provided subject matter expertise and approved the content. The use of the names of private entities, products, or enterprises is for identification purposes only and does not imply CDC endorsement.