



March 20, 2020

COVID-19 Guidance for protecting people in your home after a COVID-19 diagnosis

Missoula City-County Health Department, along with the recommendation from Centers for Disease Control and Prevention (CDC), recommends that individuals with possible or confirmed coronavirus disease 2019 (COVID-19) take steps to limit the likelihood of passing the virus to other people in their home.

Facts to consider when home sick with the virus:

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.

Who is at higher risk?

Early information out of China, where COVID-19 first started, shows that some people are at higher risk of getting very sick from this illness. This includes:

- Older adults
- People who have serious chronic medical conditions like:
 - Heart disease
 - Diabetes
 - Lung disease

If you have possible or confirmed COVID-19:

- Cover your coughs and sneezes.
- Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
- As much as possible, stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.
- Avoid sharing personal items with other people in your household, like dishes, towels and bedding.
- Clean all surfaces that are touched often, like counters, tabletops and doorknobs. Use household cleaning sprays or wipes according to label instructions.

Coronavirus Disease (aka COVID-19) is rapidly changing and so does the information available. To stay informed and up-to-date please visit the Missoula Public Health City-County Health Department website at

<https://www.missoulacounty.us/government/health/health-department/emergency-preparedness/coronavirus> or the Centers for Disease Control and Prevention (CDC) at <https://www.cdc.gov/coronavirus/2019-nCoV/index.html> for the latest information.