

# Don't Bring Coronavirus Home

Life under coronavirus means staying at home as much as possible — but you'll likely need to make a trip to the grocery store or pharmacy at some point. Download or print this tip sheet to make sure you don't bring the virus back home with you.

**Note:** Recommendations for Coronavirus may change as officials learn more, so monitor your local health department and the Centers for Disease Control and Prevention for updates.

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## Make a game plan

- Designate one person in your household to be your errand-runner to limit your outside exposure.
- Set up a disinfecting station — an area outside your home or in a room with low foot traffic where you can disinfect packaged food.

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## When you're out

- Avoid coming within six feet of others.
- Wipe handles on carts or baskets while shopping.
- You don't have to have gloves but cloth masks are now being recommended by the CDC. Wash your hands frequently while you're out and avoid touching your face.

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## When you get back

- Wash your hands with soap and water for 20 seconds.
- Disinfect takeout boxes and packaged foods at your disinfecting station.
- Thoroughly wash produce before putting it away.

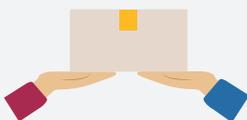
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## Disinfect

- Disinfect everything you touch frequently — doorknobs, light switches, keys, phone, keyboards, remotes, etc.
- Use EPA-approved disinfectants (these include Clorox Disinfecting Wipes and certain Lysol sprays) and leave surfaces wet for 3-5 minutes.

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## Delivery

- Ask workers to drop deliveries off on your doorstep or an area of your complex.
- If they need you to come to the door, keep six feet of distance.
- Pay and tip online when possible.
- After you pick up mail from your mailbox, wash your hands.

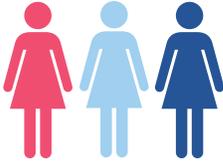
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### Laundry

- Wash clothes, toys, towels, and linens regularly on the warmest setting.
- Disinfect your laundry hamper, too, or place a removable liner inside it.
- Don't shake dirty laundry to avoid dispersing the virus in the air.

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### Guests

- You shouldn't allow guests over right now.
- If you need to house a family member or friend, avoid shared living spaces as much as you can.
- If they need to enter shared living spaces, ask them to keep six feet of distance.

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### If someone in your home gets sick

- First, consult your doctor.
- Isolate them in another room and ask them to use a separate restroom if possible.
- Disinfect frequently touched surfaces every day.
- Avoid sharing items with them.
- Wear gloves when washing their laundry.
- Continue to wash your hands frequently.
- Ask them to wear a face mask if they have one.

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### Supplies you'll need

- EPA-approved disinfectants.
- If you don't have disinfectants, make a bleach solution:
  - Mix four teaspoons bleach per quart of water; or use a 70% alcohol solution
- Laundry detergent.
- Trash bags.
- Prescription medicines (you can mail order these).
- Canned foods — fruits, veggies, beans.
- Dry goods — breads, pastas, nut butters.
- Frozen foods — meats, veggies, fruits.

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### Pets

- Supervise your pet in your backyard.
- It's OK to take them on walks outside — just keep your distance from other humans.
- If you're sick, ask someone you live with to take care of them while you recover.
- If you must care for them while you're sick, wash your hands frequently.

# KEEP YOUR FAMILY SAFE.

*Tips provided by CNN Health*

For more Coronavirus updates visit:

[StPaulSeniors.org/coronavirus](https://www.stpaulseniors.org/coronavirus)