

If someone in your family/household is suspected of being infected with COVID-19,

## Pay Attention to the Following Eight Points at Home

Edited on 1 March 2020 (based on a report from the  
Japanese Society for Infection Prevention and Control)

### Allocate a room to each family member.

Every member of the family should have a private room. All family members should stay in separate rooms, even when eating and sleeping.

- If you cannot divide your family members into separate rooms because you have a child or because there are not enough rooms, it is preferable to keep a distance of at least 2 meters from each other, or to divide a room with a partition or curtain.
- Two people, if sleeping in one room, should place their heads in the opposite direction.

An infected person should stay in his/her room whenever possible. You should minimize the use of common spaces such as toilets and the bathroom/washroom.

### Have one specific person take care of the infected person, if possible.

Those who have chronic problems with the heart, lungs, and/or kidneys, diabetes, and/or lowered immunity, and pregnant women should avoid taking care of infected people.

### Wear a mask.

Do not take a used mask to another room.

Do not touch the surface of the mask. When taking off a mask, hold it by the elastic cords.

Make sure to wash your hands with soap (or use an alcohol hand sanitizer) after taking off a mask.

- \* If your mask gets dirty, replace it immediately with a new one which is clean and dry.
- \* If you cough or sneeze when you are not wearing a mask, cover your mouth and nose with a tissue or something else.

### Wash your hands frequently.

Wash your hands with soap or sanitize them with alcohol frequently. Do not touch your eyes, nose, and mouth when your hands are unwashed.

## Ventilate rooms.

Air rooms at regular intervals. Get fresh air into common spaces and individual rooms by leaving the windows open.

## Sanitize objects commonly touched by hands.

Commonly used objects (such as handgrips, knobs, and bed rails) should be sanitized with a diluted solution of chlorine bleach for home use and then wiped with a damp cloth.

- Viruses attached to things survive for a while.
- Make sure that the main component of the chlorine bleach for home use is sodium hypochlorite and dilute it according to the standard volume. (An adequate concentration is 0.05% [if the concentration of the product is 6%, add 25 mL to 3 liters of water.])

Use a household detergent for toilets and the washroom\* and sanitize them frequently with a disinfectant for home use.

- Towels, clothes, dishes, and cutlery such as chopsticks and spoons can be washed in a normal way.
- Items an infected person has used do not have to be washed separately.

You should not share what is unwashed.

- Be careful not to share towels, particularly in places like toilets, the washroom\*, and kitchen.

\*sink in the bathroom where you wash your face and hands

## Wash dirty bed linen and clothes.

You should wear gloves and a mask when you wash clothes and bed linen stained with body fluid. They can be washed with commonly used detergent and should be completely dried.

- Viruses are sometimes detected from stool.

## Throw away garbage in a tightly sealed plastic bag.

You should put tissues used for blowing your nose into a plastic bag immediately and seal it tightly when throwing it away outdoors. Immediately after that, you should wash your hands with soap.

An infected person should avoid going out.

An infected person's family and housemates should monitor their health by taking their temperature for example, avoid unnecessary outings, and stop going to the office or school if they have symptoms like a cough or fever.