

# Coronavirus Disease 2019 (COVID-19)

MENU >



## Household Checklist

Updated Nov. 30, 2020 [Print](#)

Get your household ready for COVID-19. As a family, you can plan and make decisions now that will protect you and your family.



### Stay informed and in touch

- Get up-to-date information about local COVID-19 activity from public health officials.
- Create a list of local organizations you and your household can contact in case you need access to information, healthcare services, support, and resources.
- Create an emergency contact list including family, friends, neighbors, carpool drivers, healthcare providers, teachers, employers, the local public health department, and other community resources.



### Prepare for possible illness

- Consider members of the household who may have an [increased risk for severe illness](#).
- Choose a room in your house that can be used to separate sick household members from others.



### Those at higher risk for severe illness

- Take additional precautions for [those at higher risk for severe illness](#), particularly older adults and those of any age who have severe underlying health conditions.



## Take everyday preventive actions

- Wash your hands frequently.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay at least 6 feet (about 2 arm lengths) from other people.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- [Clean and disinfect](#) frequently touched objects and surfaces.
- Wear a [mask](#) when you go out in public.
  - Masks should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- More on [how to protect yourself](#)

If you have a fever, cough or [other symptoms](#), you might have COVID-19. Most people have mild illness and are able to recover at home. If you think you may have been exposed to COVID-19, contact your healthcare provider.

- Keep track of your symptoms.
- **If you have an [emergency warning sign \(including trouble breathing\)](#), get emergency medical care immediately.**



## If someone in your home is sick

- How to [care for a sick household member](#).
- [What to do if you are sick](#).
- How to decide if others in the home should [quarantine](#).
- Continue to practice [everyday preventive actions](#).



## Generations in the household

- Those who are at an [increased risk for severe illness](#): take additional precautions. Make sure you have access to several weeks of medications and supplies in case you need to stay home. Stay at home if possible.
- Children: [How to keep kids healthy](#). Notify your child's school or daycare if your child becomes sick with COVID-19.
- Take care of the [emotional health](#) of your household members, including yourself.



## Pets in the household

- Treat [pets](#) as you would other human family members – do not let pets interact with people outside the household.

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Content source: [National Center for Immunization and Respiratory Diseases \(NCIRD\), Division of Viral Diseases](#)