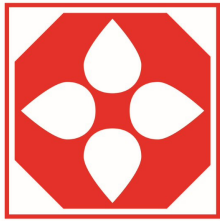


HOUSEHOLD ISOLATION PLAN

Last Updated March 2023



CLL SOCIETY

Why Is It Important To Have an Isolation Plan in Place Before You Become Infected with COVID-19?

Receiving a COVID-19 diagnosis can be stressful and confusing, especially if you are not prepared ahead of time. Having a plan in place will help everyone in the household know exactly what to do should the virus infect someone within the home. ***It IS possible to not become infected with COVID-19 when someone in your home has tested positive, but only if the infected individual isolates early and appropriately!***



What is the Difference Between Isolation and Quarantine?

Quarantine aims to separate and restrict the movement of people who have been exposed to COVID-19 in order to decrease community spread. Isolation is what individuals should do after exhibiting symptoms of COVID-19 and/or testing positive. Isolation aims to separate those who are contagious within the home from those who are not.



Have plenty of masks available. Everyone in the household should plan on wearing a high-quality tightly-fitted N95 mask over their nose and mouth as much as possible, especially when in close contact with anyone else in the home. Cloth and surgical masks will not provide adequate protection.



Keep a safe distance from others within the home. Infected person(s) should stay in a designated room and use a separate bathroom from the one used by others in the house if possible. Keep all doors closed, and have someone else prepare meals/leave the meals outside the isolation room door.



Do not leave your home (unless absolutely necessary for medical care). Identify family, friends, or community groups to help deliver groceries, medications, or other necessary supplies to your front door. Have their contact information readily available as part of your isolation plan.



Increase ventilation within your home as much as possible. Open windows and outside doors (weather permitting), run HEPA air purifiers if you have them, operate attic/window fans or run a window air conditioner with the vent control open to increase the indoor/outdoor airflow, turn the centralized HVAC fan to "on" so it is continually ventilating the air, and change out your HVAC filter.



Have necessary supplies on hand. Ensure there are enough supplies for each person in the home to last a couple of weeks (non-perishables, electrolytes, teas, over-the-counter medications, cleaning supplies, hand sanitizer, disposable gloves, Kleenex, etc.). Speak with your healthcare provider about what vitamins or over-the-counter medications might be helpful to have readily available as well.



Wipe down high-touch areas every day with a disinfectant. This includes doorknobs, light switches, phones, remote controls, appliances, sink, toilet, countertops, etc. Let someone else besides the infected person disinfect high-touch surfaces in the common areas of the home. The infected person should also clean and disinfect their designated sick room and bathroom if possible.



Do not share any items with others in your home. This includes dishes, drinking glasses, eating utensils, towels, or bedding unless they can be thoroughly sanitized. It is important to wash all items used by the infected person thoroughly with soap and hot water after using them. Consider wearing gloves when handling soiled items.