**How to Isolate-in-Place**

**Household Safety Guidelines**

**Remain in Your Own Room**
- Remain separated from other household members, when possible

**Designate a "Sick Bathroom"**
- If possible, have any sick person use a private bathroom
- If not possible, clean surfaces in bathroom after each use

**Have Food Delivered**
- Have meals or groceries delivered to your room or building's exterior by delivery services, friends, or family members

**Clean Surfaces Frequently**
- Clean and disinfect commonly touched surfaces in shared spaces after each use
- Make sure surface stays wet for the "contact time" listed on the bottle
- Gloves and protective clothing should be worn when cleaning

**Follow Good Cleaning Practices for Linens**
- Wash bed linens, towels, and clothes with normal detergent on a hot water setting if needed

**Mask Up in Shared Spaces**
- Use a mask when in any shared spaces or when leaving your residence for medical appointments

**Do Not Share Common Items**
- Have dedicated linens and eating utensils for each person
- Clean with soap and water after use - no need to throw away

**Dispose of Waste Properly**
- Disposable waste from the sick person should be tied or placed in a waste bin with a lid in the sick room until proper disposal is possible

*Adapted from Benton-Franklin Health District*