

# Advice for Households with a Suspected COVID-19 Patient

## ~8 Points to Keep in Mind~

(Modified from the summaries by the Japanese Society for Infection Prevention and Control) v. Mar 1, 2020

### Assign a room for the sick

- ◆ **Assign a room for the sick.** Separate dining and sleeping spaces from rest of the household members.
  - For households with children or few rooms that do not permit such arrangements, try to assign spaces so the sick member is at least 2m from others and divide spaces with curtains or other partitions.
  - Try to face different directions from the sick member when sleeping.
- ◆ **The sick member should stay confined in their room whenever possible.**
  - Try to avoid using the toilet, bathroom and other common areas while others are there.

### Choose caregivers carefully

- ◆ **If you are pregnant, or have underlying health issues such as cardiovascular diseases, diabetes or a compromised immune system, avoid caring for the sick.**

### Wear a Mask

- ◆ **Sick members should not bring used masks outside of their own rooms.**
- ◆ **Do not touch the outside of the mask.** Take off your mask by holding onto the elastic straps.
- ◆ **Wash your hands with soap every time after removing your mask.**  
(Alcohol-based hand sanitisers may be used as replacement for handwashing)

※Remove contaminated masks immediately and replace with a new one that is clean and free from moisture

※If a mask is not available, cover your cough or sneeze with a tissue or something similar

### Wash hands consistently

- ◆ **Wash your hands with soap and use alcohol-based hand sanitisers consistently.** Do not touch your eyes, nose or mouth without washing your hands first.

## Ventilate living spaces

- ◆ **Ventilate living spaces at regular intervals.** Keep the windows to common areas and rooms open to allow airflow.

## Sanitise high-touch surfaces

- ◆ **High-touch surfaces** (door handles, knobs to furniture, bedframes etc.) should be cleaned with **diluted store-bought bleach** then wiped down with a wet towel.
  - The virus will survive for a period of time after attaching to surfaces.
  - Ensure that the main ingredient to the bleach is sodium hypochlorite before making a diluted solution for cleaning (Initial sodium hypochlorite concentration should be at approximately 0.05%. (If the product's concentration is at 6%, dilute 25mL of bleach in 3L of water)).
- ◆ **For toilets and washbasins, rinse and sanitise with store-bought cleaners on a regular basis.**
  - Towels, garments, cutlery, chopsticks and spoons can be cleaned using normal procedures.
  - There is no need to separate items used by sick members for cleaning.
- ◆ **Do not share items that haven't been cleaned.**
  - This is especially applicable to towels, toilets, washbasins and kitchens.

## Wash soiled linens and garments

- ◆ **Use masks and gloves when handling garments and linens soiled by bodily fluids, wash the items with store-bought detergent and dry thoroughly.**
  - Traces of the virus have been detected in faeces.

## Seal garbage tightly before disposal

- ◆ **Throw away used tissues into a plastic bag immediately after blowing your nose, and seal the bag tightly before taking out the garbage.** Always wash your hands with soap afterwards.

- Sick individuals should refrain from going outdoors.
- If you share a household with someone who's sick and begin to display a fever or other symptoms yourself, track a record of your health and refrain from going outdoor for non-essential, non-urgent matters. Do not go to your workplace or other locations outside of your home especially if you have a cough, fever or other relevant symptoms.