



How to Prevent the Spread of COVID-19 in the Home

CONFIRMED CASES REPORTED FOR NEW MEXICO - Source: NMDOH Website, April 16, 2020

Many people with the coronavirus 2019 (COVID-19) or symptoms of COVID-19 like cold symptoms, cough, fever, or shortness of breath, are told to stay home to recover. If someone in your home is recovering, take steps to prevent spreading COVID-19 to others inside and outside the home.



Help with Recovery

Help the sick person follow their healthcare provider's instructions for medications and care. You may call the POL COVID-19 line at (505) 328-5682 for any questions.

If they are getting sicker, call their healthcare provider or ACL Hospital at (505) 552-5300 for medical advice.

If they have a medical emergency, please call the POL Dispatch at (505) 552-6666 and ask for an ambulance.



Keep the sick person away from others as much as possible

- **Stay home** and avoid having visitors.
- **Separate the sick person from others** in the home. If possible, have the sick person use a separate bedroom and bathroom that no one else uses.
- Prepare meals and have them eat in their own area.
- **Avoid sharing items:** dishes, eating utensils, towels, bedding, or other items. After the sick person uses the items, they should be handled with gloves and washed with hot water. Wash hands after removing gloves.
- Keep pets away. While the animals won't get sick, they may carry it to other people on their fur, collar, etc.
- Make sure that shared spaces in the home have good air flow, such as an air conditioner or an opened window.
- The sick person should wear a facemask around other people. If disposable ones are not available, have them wear a bandana or something else to cover their nose and mouth. When the mask/bandana gets moist or wet, it needs to be changed, and can be washed & reused.
- Others can still talk, sing, and play with the sick person from a safe distance (at least 6 ft) or by phone or video.



Healthy practices for everyone

Everyone in the home will need to **wash hands often with soap and water for at least 20 seconds** or use an alcohol-based hand sanitizer, covering all surfaces of your hands and rubbing them together until they feel dry. Also, **avoid touching your eyes, nose, and mouth.**



Clean and disinfect

- Cleaning with soap removes the dirt and germs. Disinfecting with chemicals kills the germs.
- Frequently clean & disinfect all "high-touch" surfaces, such as counter tops, tables, doorknobs, light switches, faucet handles, toilets, phones (especially cell phones), etc. multiple times each day.
- For disinfecting, use common household disinfectants like Lysol or Clorox, dilute household bleach solution to 4 teaspoon bleach per quart of water, or alcohol solutions with at least 70% alcohol.
- Gloves should be worn for cleaning, but a separate pair of gloves should be dedicated to cleaning surfaces for COVID-19. Wash hands immediately after gloves are removed.
- If a separate bathroom is not available for only the sick person to use, the bathroom should be disinfected after each use by a sick person.
- Wear gloves when you touch or have contact with the sick person's body fluids, such as blood, saliva, mucus, or urine. Wash hands immediately afterwards.



Wash laundry thoroughly

- Remove and wash clothes, towels, or bedding that have body fluids on them.
- Wear gloves while handling dirty items & keep them away from your body. If gloves are not available, wash hands immediately after putting items in the wash.
- Use a normal laundry detergent according to instruction and dry thoroughly using the warmest temperature that is recommended on the clothing label.

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Separate the sick person from others in your household



Wash hands often with soap and water for at least 20 seconds



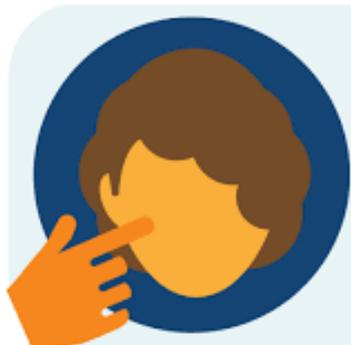
Avoid sharing household items



Clean & disinfect all “high-touch” surfaces multiple times each day



Wear a facemask or bandana over your nose and mouth



Avoid touching eyes, nose, and mouth



Wear gloves for cleaning, wash hands immediately after gloves are removed



Wash laundry thoroughly

CALL AHEAD FIRST BEFORE VISITING YOUR DOCTOR

If the individual's symptoms worsen (trouble breathing), call for help and let your healthcare provider know their symptoms.

Laguna and Surrounding Areas

- POL Public Health Nurse (505) 552-5748
- ACL Hospital (505) 552-5300
- POL COVID-19 Hotline (505) 328-5682