



Coronavirus Disease 2019 (COVID-19)

Household Checklist

Updated June 13, 2020

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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 preventative actions

- Wash your hands frequently.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay at least 6 feet (about 2 arms' length) 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 cloth face cover when you go out in public.
 - Cloth face coverings 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](#)