

Tips for Proofing Your Home to Prevent the Spread of COVID-19

from Jeffco Public Schools Department of Health Services (inspired by [this article](#) from CNN)

MAKE A GAME PLAN

- Designate one person in the household to be the errand runner to limit outside exposure
- Set up a disinfecting station in the garage or mud room to disinfect items coming into your house

WHEN AT THE STORE

- Avoid coming within less than 6 feet of each other
- Wipe handles, carts, baskets before and after shopping
- Wash your hand frequently while you're out and avoid touching your face
- Go in and out quickly

And when you get home from the store...

- Wash your hands
- Disinfect takeout boxes and packages at your disinfection station before going into your house
- Thoroughly wash produce before putting it in your kitchen

DELIVERY

- Ask workers to drop deliveries off on your doorstep or porch
- If need to come to door, stay 6 feet from delivery person
- Pay and tip online if possible
- After you pick up and go through your mail, wash your hands

LAUNDRY

- Wash clothes, towels, and linens regularly with warm or hot setting
- Disinfect laundry hamper
- Don't shake dirty laundry to avoid dispersing the virus in the air

GUESTS

- You shouldn't allow guests in your home right now
- Maintain your household "bubble" as much as possible - avoid sharing space with others who do not live in your house

IF SOMEONE IN YOUR HOME GETS SICK

- Consult your medical provider
- Isolate that person in their own room and use a separate restroom
- Disinfect frequently touched surfaces every day
- Avoid sharing items if possible
- Continue to wash your hands frequently

SUPPLIES TO HAVE AT HOME

- EPA-approved disinfectants, laundry detergent
- Trash bags
- Prescription medications - try to use mail order if possible
- Canned foods; dry goods - breads, pastas, nut butters; frozen foods - meat, veggies, fruit

PETS

- Supervise pets at all times
- Ok to play with them outside while maintaining social distancing guidelines