

2 Stay Safe When Entering Your Home

- When you return home, try not to touch anything or anyone where possible
- Leave bag, wallet, keys etc in a box at the entrance along with other packages
- Take off your shoes
- Remove your mask carefully from behind your ears or the back of your head as applicable. Try not to touch eyes, nose and ears especially
 - > If the mask is reusable put to wash separately from other items. If disposable discard immediately.
- Wash your hands
- Wipe your mobile phone and glasses with alcohol-based wipe
- Sanitize other surfaces that were touched (e.g. door knobs)
- Clean the surfaces of all items brought in from the outside, including groceries
 - > Clean packaged goods with disinfectant or a combination of 1/3 cup of bleach to 1 gallon of water
 - > Use soap and water to wash fruits and vegetables
 - > Soak vegetables in a solution of 2 teaspoons of household bleach to one gallon of water for five minutes. Then rinse with clean water
- Take off your clothes and keep separate from other clothes that were not worn outside
- Take a bath

Remember it is not possible to do a total sanitization. The objective is to reduce the risk.



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Ministry of Health-Trinidad and Tobago



TrinidadHealth



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PROTECTING YOUR HOUSEHOLD FROM COVID-19



1 Make sure that everyone in your home follows the standard personal health precautions



Wear a mask when out in public. Sanitize hands before putting on and after removing masks. Cloth masks should be washed and dried thoroughly before re-use



Practise physical distancing. Keep your distance from others (e.g. no kissing, hugging or hand-shaking, avoid unnecessary gatherings). Stay 6 feet apart



Clean then sanitize hard surfaces (e.g. table tops, hand rails, door knobs, mobile devices and trolleys) as often as possible. Use disinfectant or a solution of 1/3 cup of bleach to 1 gallon of water



Stay home if you are ill



Wash your hands properly with soap and water. Use an alcohol-based hand sanitizer if water and soap are not available



Cover your nose and mouth with a tissue when you cough or sneeze. Dispose of tissue immediately after using. Cough and sneeze into the crook of your elbow if you do not have a tissue



Avoid touching your face

3 Living with Someone who was exposed to COVID-19 or has symptoms



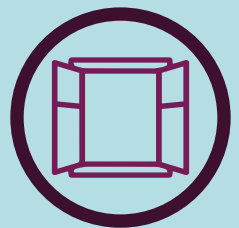
Sleep in separate beds if possible, and sanitize often



Do not share towels, cutlery, glasses, etc.



Wash clothes, sheets and towels as often as possible



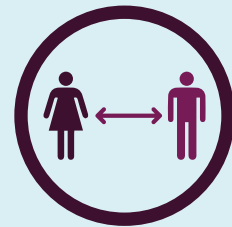
Open your windows to improve ventilation, where possible



Use different bathrooms and sanitize often if possible



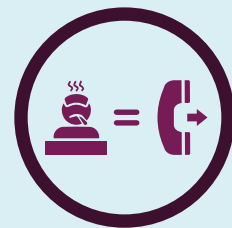
Clean and sanitize surfaces that are touched often (light switches, door knobs, handrails, chair backs, table tops, handles, remotes)



Stay away from the at risk family member as much as possible. Follow all the personal preventative measures, even at home



All persons in the household should wear masks as much as possible



Call the Health Hotline if any family member develops symptoms. 800-WELL or 877-WELL (9355)

You must remain in quarantine for two continuous weeks.



World Health Organization

Home care for people with suspected or confirmed COVID-19

Take care of yourself and your family

For caregivers



Ensure the ill person rests, drinks plenty of fluids and eats nutritious food.



Wear a medical mask when in the same room with an ill person. Do not touch the mask or face during use and discard it afterward.

Frequently clean hands with soap and water or alcohol-based rub, especially:

- after any type of contact with the ill person or their surroundings
- before, during and after preparing food
- before eating
- after using the toilet



Use dedicated dishes, cups, eating utensils, towels and bedlinens for the ill person. Wash dishes, cups, eating utensils, towels, or bedlinens used by the ill person with soap and water.



Identify frequently touched surfaces by the ill person and clean and disinfect them daily.



Call your health care facility immediately if the ill person worsens or experiences difficulty breathing.