

Home Isolation for a Sick Child

What is Home Isolation? Separating those who are *ill* from those who are not ill.

What is Home Quarantine? Separating those who *may* have been exposed to illness to see *if* they become ill.

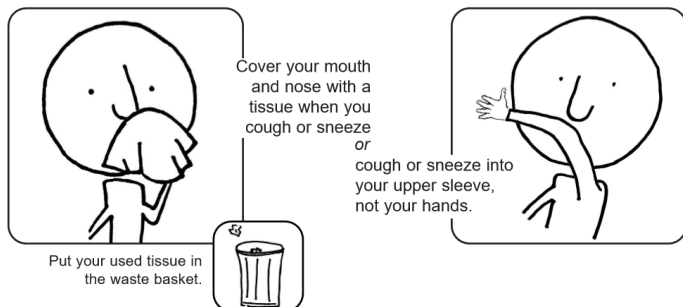
Home isolation can reduce the spread of any illness. Decisions to isolate at home occur all the time. For example, a parent may move a healthy sibling out of a shared bedroom when a sibling beginning to show signs of a cold or flu. Parent should then restrict access to both the room and the sick person from other family members and friends.

In addition to the guidance below, you can watch this local video on Home Isolation and Quarantine

<https://vimeo.com/410421741>

For the Isolated/Sick Person to do:

- Have as little contact as possible with others in the home who are not sick, if possible, stay in a separate room.
- Wash hands before touching anything that others in the home are likely to touch.
- Do not leave the home and go into public places.
- If possible, wear a face covering when the caregiver is your room.
- If possible, wear a face covering when you leave your room, even if no one else is in the house at the same time. This way if you sneeze or cough it limits the spread of the illness.
- If you cough or sneeze without a face covering, it into your sleeve (even a short sleeve) or in a tissue.
- If you cough or sneeze without using a sleeve or tissue, then disinfect any surfaces within 6 feet of where you were standing.
- If there are multiple ill household members, those ill individuals may be isolated together.



For Caregivers to do:

- Wash your hands before entering the room to provide care to the sick child.
- Most importantly, wash your hands immediately after leaving the room or providing care to the sick child. Be careful not to touch your face until after you wash hands.
- Provide meals to the child away from other family members.
- Wash dishes that a sick child uses in hot, soapy water or wash them in a dishwasher.
- When washing sick child's laundry:
 - Do not shake laundry, gently place into washer.
 - Wash in warmest possible water.
 - Wash hands after handling laundry.
 - Disinfect any surfaces on the washer that you touched.
- If possible, have the sick child use a separate bathroom from other family members. If this is not possible, disinfect all the surfaces the sick child touched before letting other family members use that bathroom. Frequently touched objects are doorknobs; light switches; toilet seats; and toilet, shower, and sink handles should be disinfected frequently.

Disinfecting Information:

- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html>

*If your child tests positive for COVID-19 or Pertussis, you will be contacted by the local health department, and you should follow their guidance.