

# CORONAVIRUS COVID-19

HELP  
PREVENT  
the SPREAD

## How to Stay Safe in Your Home

**If you have Covid-19 symptoms:** Stay by yourself in one room in your house. Having your own bathroom is best. If you can't, clean and disinfect after use. Keep apart from other family members so no one else gets sick.

Don't share personal items like your toothbrush, towels, bed linen, utensils or electronic devices.

Have a healthy person in the house prepare meals.



Anything that comes into your house (purse, keys, bags, supplies, etc.) should be wiped down with disinfectant. Clean things you touch often like counters, toilets, bedside tables, doorknobs, phones, computers, I-pads and TV remotes.



**If using bleach – use one part bleach to nine parts water – USE GLOVES.**



**Put the lid of the toilet down before flushing - it helps to keep germs from spreading.**



Information: [www.ahs.ca/covid](http://www.ahs.ca/covid)



For Help Call: 811