CDC Centers for Disease
Control and Prevention

Coronavirus Disease 2019 (COVID-19)

Household Checklist
Household Checklist

Updated June 13, 2020   Print

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 mask when you go out in public.
  - Masks 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.

Last Updated June 13, 2020