



Covid-19 Information, Resources &
Procedures for Player/Coach/Parent Safety
and Interaction



Professional Sports & Other Sporting Activities Phase 2 and 3 COVID-19 Requirements

Safety and Health Requirements for:

All professional sporting activities, indoor and outdoor, outdoor youth team sports, and outdoor adult recreational team sports operating during the Safe Start Washington phased reopening must adopt a written procedure for employee safety and customer interaction. All activities covered by these requirements have a general obligation to keep a safe and healthy workplace in accordance with state and federal law, and comply with the following COVID-19 worksite specific safety practices, as outlined in Governor Inslee's "Safe Start" Proclamation 20-25.4, the Washington State Department of Labor & Industries General Requirements and Prevention Ideas for Workplaces, and the Washington State Department of Health Workplace and Employer resources & Recommendations at <https://www.doh.wa.gov/Coronavirus/workplace>.

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Player/Coach/Employee/Parent Return to Play Guidelines:

PacNW follows WYS Return to Play Guidelines. In addition, specific guidelines regarding the clubhouse and all shared coach equipment is as follows:

Phase 2:

- Clubhouse closed; no access for employees or shared equipment.

Phase 3:

- Clubhouse use will be limited to designated staff and is limited to retrieving and returning equipment. Admin work can be done remotely. Staff must use hand sanitizer upon entry and exit, maintain social distancing, and wear a mask at all times while in the clubhouse.
- Only designated staff may move equipment to and from the Clubhouse.
- No shared equipment will be loaned to members from the Clubhouse; balls or otherwise.
- Must wash hands for 20 seconds using soap and water after using the restroom and use hand sanitizer prior to resuming practice.

To ensure rapid and effective communication to members in case of COVID diagnosis, advancement to next phase, or need to revert to a previous phase, all major announcements will be sent via email.



WYS Return to Play Guidelines

General

- Be smart: if you are sick, stay home. This applies to everyone: players, coaches, and parents. If you have been sick, stay home for 14 days after recovery.
- Screening: Greet all participants before practice and ask if they have been sick in the last 14 days or in direct contact with a person who is sick. Send home immediately if the answer is "yes."
- Sanitize: have hand sanitizer available and encourage hand washing before and after all activities.
- Group play: all activities must be limited to the max number allowed in the current phase.
- Physical play: facilitate soccer activities that eliminate physical contact. All drills and small-sided games should have as little physical contact as possible. Tackling, shielding, etc. should not be included in small-sided games or drills.
- No high-fives, handshakes, or hugs: as much as we want to physically connect, this is not a safe practice for anybody right now.
- Masks: coaches and spectators should wear a mask before, during, and after practice. Players should wear a mask when not actively practicing.
- Drop-off/pick-up: if possible, parents should remain in car for drop-off and pick-up. All spectators must remain 6 feet apart.
- Water bottles: to minimize accidental sharing of water, players must keep their water bottles in their own bag when not in use.
- Have fun, stay positive: everyone is looking to each other to stay calm, supportive, and compassionate during this time.

Coaches

- Ensure the health and safety of your players. Inquire how the athletes are feeling, send them home if they act or discuss feeling ill. Greet all participants before practice and ask if they have been sick in the last 14 days or in direct contact with a person who is sick. Send home immediately if the answer is "yes."
- Follow all established federal, state, and local protocols.



- Ensure all athletes have their individual equipment (pinnie, ball, water bottles, bag, etc.) and prohibit them from sharing anything. Equipment placement should be spaced at least 6 feet apart and inside the player/coach bag.
- The coach is the only person to handle cones, disks, etc.
- All training must be outdoors and coaches must strictly enforce social distancing per the current phase guidelines.
- Coaches must always wear a face mask per current phase protocol and social distance from players when required.
- Wash and sanitize your own equipment after every session.
- The use of shared scrimmage vests/pinnies is not allowed.
- Increase your communication with parents, they need to know what you are doing as a coach and club to maintain their safety.
- Have fun, stay positive – players and parents are looking to you to stay calm, supportive, and caring during this time.

Parents

- Ensure athletes are healthy, check their temperature daily.
- If your player has been sick, keep them home for 14 days AFTER recovery. If your player has been in direct contact with a person who is sick, keep them home for 14 days from the date of contact.
- Be sure your child has necessary sanitizer and cleaning supplies with them at every training.
- Ensure your child has necessary mask to wear before and after all trainings.
- Limited or no carpooling.
- Stay in car or social distance when at training, wear mask at all times if outside your car.
- Per Starfire: Parents/siblings/spectators are not allowed into the facility. They are allowed to walk their children to the appropriate gate (while wearing a mask), but once they reach the fields the players must go it on their own to their training. Anything outside of the parking lot is for players and coaches only.
- Ensure child's clothing is washed after every training session.
- Label your child's equipment to guard against cross-contamination.
- Ensure all equipment, cleats, ball, shin guards etc. are sanitized after every training.
- Notify club immediately if your child becomes ill for any reason and do not bring them into contact with coaches or other players.



- Do not assist coaches with equipment before or after training.
- When traveling, take responsibility to sanitize hotel rooms.

Players

- Take temperature daily.
- Wash hands thoroughly before and after training and any contact outside your home.
- Bring and use hand sanitizer with you at every training session. Especially at the beginning and end of sessions.
- Limited or no carpooling.
- Avoid large gatherings as specified by the current phase guidelines (eg Phase 2 no more than 5 people). Attendance at large gatherings will result in 14 days away from practice.
- Wear mask before and after all training sessions. This protects others in the event that you are unknowingly carrying the virus.
- Do not touch or share anyone else's equipment.
- Bring your own ball, water, and pinnie to training, label it as your own.
- Practice social distancing and place bags and other equipment at least 6 feet apart from your teammates' equipment during sessions. Keep your water bottle and pinnie in your bag when not in use to minimize accidental sharing.
- Wash and sanitize all equipment before and after every training session.
- No group celebrations with players closer than six feet, no high fives, hugs, cheers, etc.



PacNW Covid-19 Action Plan

At the Direction of Washington Youth Soccer (WYS), PacNW is required to have a written safety plan in place addressing employee and member interactions, in the event of a positive test for COVID-19.

Training will resume in compliance with WYS guidelines starting with cohorts of five. The coach will manage the player cohort lists for each team as well as all the on-field instruction. In the event of a confirmed positive case, the entire group of five must self-quarantine for 14 days. Anyone who develops symptoms is expected to follow the reporting protocol set forth by the club. This will include seeking medical care from the family's primary care provider, filling out an online form via smartsheet, and contacting a club designated representative to provide specific relevant details.

Reporting:

Any player, coach, or club administrator present at PacNW functions must report to PacNW if they test positive for Coronavirus (Covid-19). If a family member of a player, coach or club administrator has a confirmed positive test, that person will self-quarantine for 14 days after the last exposure per CDC guidelines (the cohorts in the pod may continue training). All returning players and staff must provide a physician's note, stating the patient has met the CDC requirements for self-isolation or quarantine following infection or exposure, prior to returning to participate in any PacNW activity. This note must be sent via email to the board Member at Large and Director of Operations at concerns@pacnwsc.org. Once reviewed, an approved return date will be communicated via email to the coach and director. No participation in any PacNW activities is allowed prior to the approved return date.

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>

Follow this link to Smartsheet online reporting page:

<https://app.smartsheet.com/b/form/fb7696a36a704bbeb452c52161f1a015>



Information to be collected on Smartsheet:

1. Player or Non-Player (drop down menu)
2. Caregiver Name
3. Caregiver Cell Phone
4. Associated Team Name (gender, birth year, coach name and designation (ECNL, Maroon, Blue, White, Junior Academy) eg Boys 2011 Maroon – coach Viet.
5. Date of First Symptom(s)
6. Date of Positive Test Result
7. Date(s), Times(s), and Location(s) at PacNW activity:

Once the report is received, Jeff Hemmen – PacNW Member at Large will process as follows:

1. The Member at Large will have a duty to take specific steps after a positive test. While maintaining confidentiality – the Member at Large should contact the team coach and director to notify the team immediately that:
 - a. There has been a potential exposure to Covid-19,
 - b. All in-person cohort functions are immediately suspended for 14 days. (no in-person practices, etc)
 - c. All exposed members should self-quarantine for 14 days per DOH guidelines and consult a primary care physician if symptoms develop. Symptoms may include cough, fever, and shortness of breath, among other published Covid-19 symptoms.
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
 - d. Communication to the affected cohort or team will be via email entered when registered on Affinity **and** every attempt will be made to reach the member/parent/guardian of the exposed member(s) via phone.
2. Provide DOH contact information (206) 477-3977 and DOH pdf guidelines to all parties in quarantine “What to do if you are potentially exposed to someone with confirmed Coronavirus Disease (Covid-19).” This pdf link can also be found on our website under the Covid-19 tab.



3. Notify Starfire of potential exposure and any information on date time and locations member was at Starfire, (bathroom, field 4, etc).
4. Contact Kaelen Aramaki to communicate with the DOH for further instructions on how to proceed.
 - a. The club will follow any additional guidelines provided by the King County Department of Health on a case by case basis.



Clubhouse Cleaning:

Clubhouse Housecleaning Guidelines and Schedule: Clean daily – after all practices conclude or in the morning prior to opening for practices.

Wearing gloves and mask and utilizing provided cleaning supplies:

- **Clean and disinfect “high-touch” surfaces and items every day:** This includes tables, doorknobs, light switches, handles, desks, faucets, sinks, and electronics.
- Clean the area or item with **soap and water** if it is dirty. **Then, use a household disinfectant.**
 - Be sure to **follow the instructions on the label** to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to kill germs. Many also recommend wearing gloves, making sure you have good air flow, and wiping or rinsing off the product after use.
 - Most household disinfectants should be effective.
 - **To clean electronics**, follow the manufacturer’s instructions for all cleaning and disinfection products. If those directions are not available, use alcohol-based wipes or spray containing at least 70% alcohol.
 - **Learn more [here](#).**

Equipment: All shared equipment (goals) must be disinfected with the spray sanitizer in the clubhouse prior and after each use.

Kitchen: Dishes must be cleaned after each use with soap and water. No dishes may be left in the sink.

In case of infected member in clubhouse, follow the directions of the DOH for disinfecting prior to reopening clubhouse.



Coronavirus Symptoms and how to prevent transmission

Directions on Coronavirus Symptoms and how to prevent transmission are from CDC website as of 06/05/2020. Follow this link for current recommendations

<https://www.youtube.com/watch?v=7zzfdYShvQU>

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Symptoms:

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19 This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19: follow this link for updates <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea



Know how it spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to [spread mainly from person-to-person](#).
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Everyone Should

Wash your hands often

- [Wash your hands](#) often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact

- **Avoid close contact with people who are sick, even inside your home.** If possible, maintain 6 feet between the person who is sick and other household members.
- **Put distance between yourself and other people outside of your home.**
 - Remember that some people without symptoms may be able to spread virus.



- [Stay at least 6 feet \(about 2 arms' length\) from other people.](#)
- **Do not gather in groups.**
- **Stay out of crowded places and avoid mass gatherings.**
- Keeping distance from others is especially important for [people who are at higher risk of getting very sick.](#)

Cover your mouth and nose with a cloth face cover when around others

- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a [cloth face cover](#) when they have to go out in public, for example to the grocery store or to pick up other necessities.
 - Cloth face coverings 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.
- The cloth face cover is meant to protect other people in case you are infected.
- Do NOT use N95 masks meant for health care workers.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

Cover coughs and sneezes

- **If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



Clean and disinfect

- **Clean AND disinfect [frequently touched surfaces](#) daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them.** Use detergent or soap and water prior to disinfection.
- **Then, use a household disinfectant.** Most common [EPA-registered household disinfectants](#) will work.

Monitor Your Health

- **Be alert for symptoms.** Watch for fever, cough, shortness of breath, or [other symptoms of COVID-19](#).
 - Especially important if you are [running essential errands](#), going into the office or workplace, and in settings where it may be difficult to keep a [physical distance of 6 feet](#).
- **Take your temperature** if symptoms develop.
 - Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
- Follow [CDC guidance](#) if symptoms develop.

Take everyday preventative steps

- Wash your hands frequently.
- Avoid touching your eyes, nose, and mouth.
- **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.
- Be prepared if your child's school or childcare facility is temporarily dismissed or for potential changes at your workplace.



Watch for symptoms

- **Stay home and speak to your healthcare provider if you develop any of these symptoms:**
 - Fever or
 - Cough or
 - Shortness of breath
- Keep away from others who are sick.
- Limit close contact with others as much as possible (about 6 feet).



What to do if you are sick:

Directions for What to do if you are sick are from CDC website as of 06/05/2020. Follow this link for current recommendations <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

[If you are sick with COVID-19 or think you might have COVID-19](#), follow the steps below to care for yourself and to help protect other people in your home and community.

Stay home except to get medical care

- **Stay home.** Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Ask your doctor about testing.**
- **Take care of yourself.** Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other [emergency warning signs](#), or if you think it is an [emergency](#).
- **Avoid public transportation**, ride-sharing, or taxis.

Separate yourself from other people

As much as possible, stay in a specific room and away from other people and pets in your home. If possible, you should use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.

- Additional guidance is available for those living in [close quarters](#) and [shared housing](#).
- See [COVID-19 and Animals](#) if you have questions about pets.



Monitor your symptoms

- **Symptoms of COVID-19 fever, cough, or other symptoms.**
- **Follow care instructions from your healthcare provider and local health department.** Your local health authorities may give instructions on checking your symptoms and reporting information.

When to Seek Emergency Medical Attention

Look for **emergency warning signs*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.
mobile light icon

Call ahead before visiting your doctor

- **Call ahead.** Many medical visits for routine care are being postponed or done by phone or telemedicine.
- **If you have a medical appointment that cannot be postponed, call your doctor's office,** and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.



If you are sick wear a cloth covering over your nose and mouth

- **You should wear a cloth face covering, over your nose and mouth** if you must be around other people or animals, including pets (even at home)
- You don't need to wear the cloth face covering if you are alone. If you can't put on a cloth face covering (because of trouble breathing, for example), cover your coughs and sneezes in some other way. Try to stay at least 6 feet away from other people. This will help protect the people around you.
- Cloth face coverings should not be placed on young children under age 2 years, anyone who has trouble breathing, or anyone who is not able to remove the covering without help.

Note: During the COVID-19 pandemic, medical grade facemasks are reserved for healthcare workers and some first responders. You may need to make a cloth face covering using a scarf or bandana.

Cover your coughs and sneezes

- **Cover your mouth and nose** with a tissue when you cough or sneeze.
- **Throw away used tissues** in a lined trash can.
- **Immediately wash your hands** with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

Clean your hands often

- **Wash your hands** often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.



- **Use hand sanitizer** if soap and water are not available. Use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water** are the best option, especially if hands are visibly dirty.
- **Avoid touching** your eyes, nose, and mouth with unwashed hands.
- [Handwashing Tips](#)

Avoid sharing personal household items

- **Do not share** dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- **Wash these items thoroughly after using them** with soap and water or put in the dishwasher.

Clean all “high-touch” surfaces everyday

- **Clean and disinfect** high-touch surfaces in your “sick room” and bathroom; wear disposable gloves. Let someone else clean and disinfect surfaces in common areas, but you should clean your bedroom and bathroom, if possible.
- **If a caregiver or other person needs to clean and disinfect** a sick person’s bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and disposable gloves prior to cleaning. They should wait as long as possible after the person who is sick has used the bathroom before coming in to clean and use the bathroom.

High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.

- **Clean and disinfect areas that may have blood, stool, or body fluids on them.**



- **Use household cleaners and disinfectants.** Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
 - Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.
 - Most EPA-registered household disinfectants should be effective. A full list of disinfectants can be found [here](#).
 - [Complete Disinfection Guidance](#)



What to do if someone in your home is sick

Directions for What to do if someone in your home is sick are from CDC website as of 06/05/2020. Follow this link for current recommendations <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>

Advice for caregivers

If you are caring for someone with COVID-19 at home or in a non-healthcare setting, follow this advice to protect yourself and others. Learn what to do when someone has [symptoms](#) of COVID-19, or when someone has been diagnosed with the virus. This information also should be followed when caring for people who have tested positive but are not showing symptoms.

***Note:** [*Older adults and people of any age with serious underlying medical conditions*](#) are at higher risk for developing more severe illness from COVID-19. *People at higher risk of severe illness should call their doctor as soon as symptoms start.*

Provide support and help cover basic needs

- Ask your doctor about testing as a caregiver of someone who has tested positive.
- Help the person who is sick follow their doctor's instructions for care and medicine.
 - For *most* people, symptoms last a few days, and people usually feel better after a week.
- See if over-the-counter medicines for fever help the person feel better.
- Make sure the person who is sick drinks a lot of fluids and rests.
- Help them with grocery shopping, filling prescriptions, and getting other items they may need. Consider having the items delivered through a delivery service, if possible.
- Take care of their pet(s), and limit contact between the person who is sick and their pet(s) when possible.



Watch for warning signs

- Have their doctor's phone number on hand.
- [Use CDC's self-checker tool](#) to help you make decisions about seeking appropriate medical care.
- Call their doctor if the person keeps getting sicker. For medical emergencies, call 911 and tell the dispatcher that the person has or might have COVID-19.

When to Seek Emergency Medical Attention

Look for **emergency warning signs*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.



Protect yourself when caring for someone who is sick

Limit contact

COVID-19 spreads between people who are in close contact (within about 6 feet) through respiratory droplets, created when someone talks, coughs or sneezes.

- The **caregiver**, when possible, **should not be someone who is at [higher risk for severe illness from COVID-19](#)**.
- **If possible, have the person who is sick use a separate bedroom and bathroom.** If possible, have the person who is sick stay in their own “sick room” or area and away from others. Try to stay at least 6 feet away from the sick person.
- **Shared space:** If you have to share space, make sure the room has good air flow.
 - Open the window and turn on a fan (if possible) to increase air circulation.
 - Improving ventilation helps remove respiratory droplets from the air.
- **Avoid having visitors.** Avoid having any unnecessary visitors, especially visits by [people who are at higher risk for severe illness](#).

Eat in separate rooms or areas

- **Stay separated:** The person who is sick should eat (or be fed) in their room, if possible.
- **Wash dishes and utensils using gloves and hot water:** Handle any dishes, cups/glasses, or silverware used by the person who is sick with gloves. Wash them with soap and hot water or in a dishwasher.
- [Clean hands](#) after taking off gloves or handling used items.

Avoid sharing personal items

- **Do not share:** Do not share dishes, cups/glasses, silverware, towels, bedding, or electronics (like a cell phone) with the person who is sick.



When to wear a cloth face cover or gloves

Sick person:

- The person who is sick should wear a [cloth face covering](#) when they are around other people at home and out (including before they enter a doctor's office).
- The cloth face covering helps prevent a person who is sick from spreading the virus to others. It keeps respiratory droplets contained and from reaching other people.
- Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is not able to remove the covering without help.

Caregiver:

- Wear gloves when you touch or have contact with the sick person's blood, stool, or body fluids, such as saliva, mucus, vomit, and urine. Throw out gloves into a lined trash can and wash hands right away.
- The caregiver should ask the sick person to put on a [cloth face covering](#) before entering the room.
- The caregiver may also wear a [cloth face covering](#) when caring for a person who is sick.
 - To prevent getting sick, make sure you practice [everyday preventive actions](#): clean hands often; avoid touching your eyes, nose, and mouth with unwashed hands; and frequently clean and disinfect surfaces.

Note: During the COVID-19 pandemic, medical grade facemasks, eg the N95 masks, are reserved for healthcare workers and some first responders. You may need to make a cloth face covering using a scarf or bandana. [Learn more here.](#)



Clean your hands often

- **Wash hands:** Wash your hands often with soap and water for at least 20 seconds. Tell everyone in the home to do the same, especially after being **near the person who is sick.**
- **Hand sanitizer:** If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- **Hands off:** Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean and then disinfect

Around the house

- **Clean and disinfect “high-touch” surfaces and items every day:** This includes tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks, and electronics.
- Clean the area or item with **soap and water** if it is dirty. **Then, use a household disinfectant.**
 - Be sure to **follow the instructions on the label** to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to kill germs. Many also recommend wearing gloves, making sure you have good air flow, and wiping or rinsing off the product after use.
 - Most household disinfectants should be effective. **A list of EPA-registered disinfectants can be found [here](#).**
 - **To clean electronics,** follow the manufacturer’s instructions for all cleaning and disinfection products. If those directions are not available, use alcohol-based wipes or spray containing at least 70% alcohol.
 - **Learn more [here](#).**



Bedroom and Bathroom

- **If you are using a separate bedroom and bathroom:** Only clean the area around the person who is sick when needed, such as when the area is soiled. This will help limit your contact with the sick person.
 - If they feel up to it, the person who is sick can clean their own space. Give the person who is sick **personal cleaning supplies** such as tissues, paper towels, cleaners, and [EPA-registered disinfectants](#).
- **If sharing a bathroom:** The person who is sick should clean and then disinfect after each use. If this is not possible, wear a cloth face covering and wait as long as possible after the sick person has used the bathroom before coming in to clean and use the bathroom.

Wash and dry laundry

- Do not shake dirty laundry.
- Wear disposable gloves while handling dirty laundry.
- Dirty laundry from a person who is sick can be washed with other people's items.
- Wash items according to the label instructions. Use the warmest water setting you can.
- Remove gloves, and wash hands right away.
- Dry laundry, on hot if possible, completely.
- Wash hands after putting clothes in the dryer.
- Clean and disinfect clothes hampers. Wash hands afterwards.

Use lined trash can

- Place used disposable gloves and other contaminated items in a lined trash can.
- Use gloves when removing garbage bags, and handling and disposing of trash. Wash hands afterwards.
- Place all used disposable gloves, facemasks, and other contaminated items in a lined trash can.
- If possible, dedicate a lined trash can for the person who is sick.



Track your own health

- Caregivers should stay home and monitor their health for COVID-19 symptoms while caring for the person who is sick. They should also continue to stay home after care is complete. Caregivers can leave their home 14 days after their last close contact with the person who is sick (based on the time it takes to develop illness), or 14 days after the person who is sick meets the [criteria to end home isolation](#).
 - [Symptoms](#) include fever, cough, and shortness of breath but other symptoms may be present as well. Trouble breathing is a more serious warning sign that you need medical attention.
- [Use CDC's self-checker tool](#) to help you make decisions about seeking appropriate medical care.
- **If you are having trouble breathing, call 911.**
 - Call your doctor or emergency room and tell them your symptoms before going in. They will tell you what to do.