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Protect Yourself Against COVID-19 in Shared Housing



You can take precautions to prevent the spread of COVID-19 when sharing living quarters with relatives or others.

- Maintain proper ventilation by opening windows and doors.
- [Clean and disinfect](#) frequently touched surfaces and shared areas, such as kitchens and restrooms.
- Wash your hands often.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Consider canceling all public or nonessential group activities and events.
- If you're sharing your room with others, consider rearranging the beds so that you're [sleeping head to toe \(in the opposite direction of the person next to you\)](#) and maintain a distance of at least 6 feet from other people.
- It's important to isolate a sick person. If that isn't possible, keep that person at least 6 feet away from everyone else.
- [If someone is sick where you live](#), EVERYONE should wear a mask, including inside the residence.

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For more information, visit [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)