We urge you to follow these recommendations from the Centers for Disease Control and Prevention and practice ‘Social Distancing.’

Encourage your family members to...

**All households**
- Clean hands at the door and at regular intervals
- Create habits and reminders to avoid touching their face and cover coughs and sneezes
- Disinfect surfaces like doorknobs, tables, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning

**Households with vulnerable seniors or those with significant underlying conditions**

Significant underlying conditions include heart, lung, kidney disease; diabetes; and conditions that suppress the immune system
- Have the healthy people in the household conduct themselves as if they were a significant risk to the person with underlying conditions. For example, wash hands frequently before interacting with the person, such as by feeding or caring for the person
- If possible, provide a protected space for vulnerable household members
- Ensure all utensils and surfaces are cleaned regularly

**Households with sick family members**
- Give sick members their own room if possible, and keep the door closed
- Have only one family member care for them
- Consider providing additional protections or more intensive care for household members over 65 years old or with underlying conditions