

Practical Advice to Minimise the Risk of Coronavirus Transmission within Households.

It is very common for the Coronavirus to be transmitted between household members when one person is asymptomatic or becomes ill. It is common, but it is not inevitable. A few simple precautions can reduce or stop the virus moving from one person to another. Following these few steps will help to protect you, your housemates and your family.

Visitors:

There are specific rules on visitors which are important to comply with. If you have visitors:

- Maintain social distancing from visitors if possible.
- Keep visits short
- Open your windows during and after a visit (for a while)
- Wear a face covering and ask people working in your flat to wear a face covering when you are in the same area e.g., cleaners/maintenance.

Keeping your flat clean:

- Make sure you clean bathrooms regularly (especially after a visitor has been) using your usual cleaning products.
- Regularly clean any high touch areas such as kitchen worktops, door handles, and remote controls.
- Close the toilet seat before you flush.
- Keep a window open in shared bathrooms if possible

Personal Hygiene:

- Wash your hands with soap and water, or use hand sanitiser, when coming back to your flat.
- Avoid sharing towels.
- Food hygiene is always important, but more than ever you should make sure to wash your cutlery and crockery between uses and keep your surfaces clean.
- If exercising indoors open windows and keep your distance.

If someone you share a flat has suspected symptoms or tests positive:

- Try to not to be in the same room as the person who has symptoms / has tested positive and ventilate well if you have to be in the same room.
- If you have to be in the same room, everyone in the room should wear a face covering.
- Do not share pots and pans or other utensils for cooking with the person who has symptoms/ has tested positive. Cook and eat separately and make sure you clean the pots, pans, and utensils between uses.
- Do not share towels, bedding or clothes.
- If sharing facilities, the bathroom should be cleaned after every use using your usual cleaning products.
- Do not allow any visitors except in emergency.
- Wash your hands regularly with soap and water or use hand sanitiser.
- If someone needs to help the individual who has suspected symptoms / has tested positive, then they should wear a face covering, minimise contact and wash their hands immediately after.
- It is good idea to avoid activities which could generate aerosols such as high energy exercise or singing.

Further help and support

- *Add local details for further help and support*

Further Information (in England)

[Reducing within- and between-household transmission in light of new variant SARS-CoV-2 \(publishing.service.gov.uk\)](https://www.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/92422/covid-19-reducing-transmission-guidance-2021.pdf)

Stay at home guidance - <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

Reducing transmission guidance - <https://www.gov.uk/government/publications/how-to-stop-the-spread-of-coronavirus-covid-19/how-to-stop-the-spread-of-coronavirus-covid-19>