



This leaflet tells you about:

The steps you can take to reduce the risk of catching COVID-19 if you live in a home with other people who are not part of your own household.

If you have any of the following symptoms, you must get a free test and stay at home until you receive the result:

- A high temperature
- A new, continuous cough
- Loss of your sense of taste or smell.

You can find out where to get a test by visiting

www.nhs.uk/coronavirus

How to stay healthy in a multi-family household and avoid spread of COVID-19



Ensure every member of household washes their hands with soap and water regularly for 20 seconds or use hand gel sanitiser



Vulnerable people must use a separate towel to others in the household after washing their hands and bathing/showering



It is important to clean any surfaces you come into contact with, when using shared facilities such as toilets, bathrooms and kitchens



Another tip is to consider drawing up a rota for bathing, with the vulnerable person using the bathroom facilities first



If you share a kitchen with a vulnerable person, avoid using it while they are present. And where possible they should take meals back to their room to eat



Shared spaces should be kept well ventilated, and vulnerable family members should minimise time spent in these areas



Aim to keep 2 metres (3 steps) away from vulnerable people you live with and encourage them to sleep in a different bed