

MEDICAL BREAKTHROUGHS **RESEARCH SUMMARY**

TOPIC: **MY FAMILY HAS COVID-19: KEEP IT FROM SPREADING AT HOME**
REPORT: **MB #4717**

BACKGROUND: As the COVID-19 deaths continue to increase globally as of late March, the term social distancing has become the new normal. Social distancing is when you increase the physical space between people to avoid spreading illness. To lessen your chances of catching COVID-19, stay at least six feet away from other people. Other things people are doing to adhere to social distancing is working from home instead of at the office, closing schools or switching to online classes, visiting loved ones by electronic devices instead of in person, and cancelling or postponing large meetings and events.

(Source: <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-social-distancing-and-self-quarantine>)

SELF-QUARANTINE: When someone has been exposed to the new coronavirus and are at risk of contracting COVID-19, they might practice self-quarantine. Experts recommend self-quarantine lasts 14 days. The two weeks provides enough time for them to know whether they will become ill and be contagious to other people. If you have recently returned from traveling to a part of the country or the world where COVID-19 is spreading rapidly, or if you have knowingly been exposed to an infected person, you might be asked to practice self-quarantine.

(Source: <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-social-distancing-and-self-quarantine>)

PREVENTING THE SPREAD IN YOUR FAMILY: If you are in self-quarantine because you tested positive for coronavirus, you will want to practice measures to prevent the spread of the illness to the rest of your family members in your household. Some measures to take include washing hands frequently, not sharing things like towels and utensils, stay at home and not have visitors over, and stay at least six feet away from other people in your household. You will also want to use a separate bedroom and bathroom if possible. Make sure shared spaces in the home have good air flow; you can open a window or turn on the air conditioner. Have your clothing, bedding, and towels washed with detergent on the hottest temperature possible. Every day use a household cleaner or wipe to clean things that get touched a lot, including doorknobs, light switches, toys, remote controls, sink handles, counters, and phones. Once your quarantine period has ended and if you do not have any symptoms, follow your doctor's instructions on how to return to your normal routine.

(Source: <https://kidshealth.org/en/parents/coronavirus-stop-spread.html?WT.ac=p-ra>)

FOR MORE INFORMATION ON THIS REPORT, PLEASE CONTACT:

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If this story or any other Ivanhoe story has impacted your life or prompted you or someone you know to seek or change treatments, please let us know by contacting Marjorie Bekaert Thomas at mthomas@ivanhoe.com