



# TAKE TWO HEALTH

**SAFE  
ZONE**

**Where Your Doctor Works for YOU!**

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## **CORONAVIRUS (COVID-19): REDUCING EXPOSURE IN A SHARED LIVING SPACE**

**Things all RoomMates & HouseMates should do:**

- Wash hands a lot, especially when you touch a shared surface, doorknob, etc
- Wash hands every time before you touch your face
- Medically Vulnerable Persons should wear a surgical mask when out in public
- Maintain at least 6 feet distance between yourself and your roommate(s)
- If roommates come and go with other exposures (work, caring for others, etc), consider wearing cloth masks even in the home
- Get a spray bottle, bleach, some rags, and rubber gloves to clean with:
  - Mix 1 part bleach with 10 parts water - use this to spray shared surfaces
  - Wipe down surfaces with the rag moistened in the bleach-water mix
  - Soak rags in bleach-water mix for at least 10 minutes after cleaning, then rinse out well before leaving them to dry
  - Use gloves to clean if available: reusable heavy-duty kitchen gloves
  - Wear surgical mask to clean if available - especially splashes! (bathroom)
  - Wash your hands thoroughly with soap and water every time after cleaning (even if you wore gloves)

**COVID-19 CoronaVirus spreads mostly by Respiratory Droplets:**

- Tiny bits of mucus & virus release when a person coughs, sneezes, or talks/shouts/sings a lot
- These settle on surfaces, then get onto hands, then to face, food, etc
- Also possible to breathe them in directly - the closer you are, or the sicker another person is, the more you are exposed
- Fabric masks drastically reduce how many respiratory droplets get into the air
- Surgical masks are more protective of how many germs we breathe in
- Any kind of mask stops us from touching our mouth or nose so much
- Still also really important to avoid touching our eyes
- Washing your hands frequently is still the most effective thing - *we get much more on our hands than what we breathe in*

**COVID-19 CoronaVirus also lives in the gut and can spread through Feces (poop):**

- Even in asymptomatic carriers, or up to 30 days after recovering from illness
- Wear gloves while cleaning bathroom or soiled areas/items, wash hands after
- Clean shared bathrooms at least daily, ideally before & after every use

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