

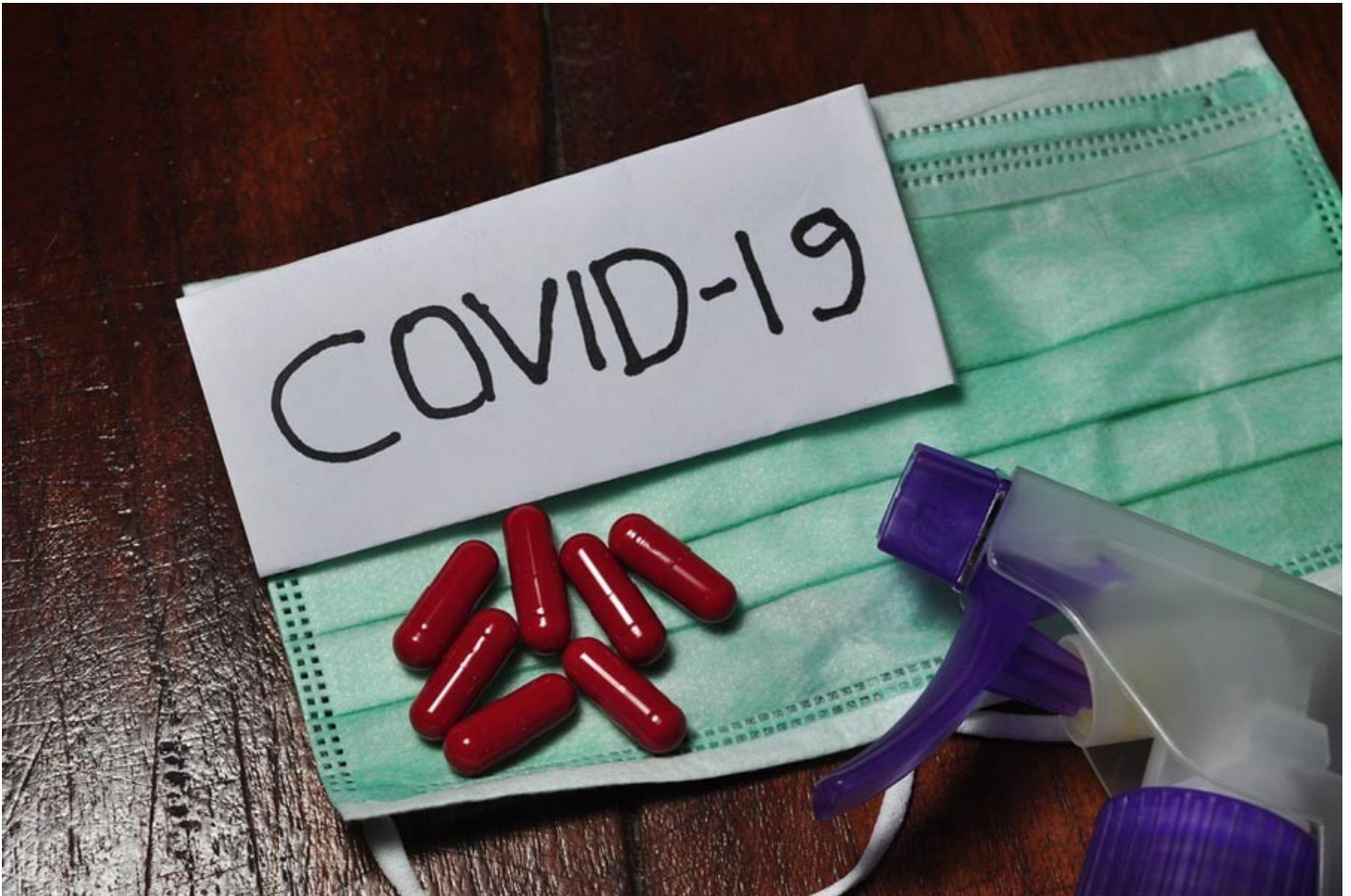
Do you live with someone who's infected? Here's how to live at home



What happens if you get infected with [COVID-19](#), but **you don't need to go to hospital?**

The specialists recommend **isolating at home** for **14 days**, but **how do you go about it?**

Here are the **steps you should follow** to the letter to reduce the risk of **infecting** other members of your household with the virus **or to look after them if they get sick.**



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WHAT ARE THE REQUIREMENTS FOR RECOVERING AT HOME?

* If you have mild symptoms.

This is the case for 80 percent of people, who don't have complications that require hospitalization.

* If you don't have chronic conditions.

These could be conditions **of the kidney, heart**, or those that affect the **immune system**.

* Stay in daily contact with your doctor or specialist.

A health expert should provide follow-up on your case.

If your **symptoms get worse**, you should **go** to a **hospital** for immediate attention.



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HOW SHOULD I SELF-ISOLATE?

*** You should stay in an isolated room on your own.**

This should have its own bathroom and be well-ventilated. It should preferably receive sunlight.

*** You should sleep in a separate bed or stay at least 1.5 meters away from others.**

This is because we can exhale droplets without realizing it while we're asleep. You should also ensure this space is ventilated constantly.

*** You should have a special container for waste.**

This could be a trash can with a lid and/or a bag with a hermetic seal. If you don't have one of these, you should at least have a bag exclusively for your waste. Try not to ever touch this waste.

*** Keep your door closed.**

Patients should leave their rooms as little as possible.

If your home doesn't have an **exclusive area** for you or the infected person, **movement to other parts of the house should be limited.**



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WHAT STEPS SHOULD I TAKE FOR ISOLATING AT HOME?

* **Be meticulous about your personal hygiene.**

This includes extending constant [hand washing](#) to at least 40 to 60 seconds or using hand sanitizer with 70% alcohol. Cover your mouth and nose with the crook of your arm when coughing and sneezing.

* **If you need to leave your room for any reason...**

You should keep at a distance of at least one and half meters from other people, wear a face mask, and disinfect your hands for any activity you do.

* **Don't isolate yourself emotionally.**

You can stay in touch with other people through your telephone, cellphone, or computer to take care of your emotional health.



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WHO CAN LOOK AFTER YOU?

Just one person should be designated as a “**caregiver**”. This person should be **someone who’s healthy and not at risk**.

“**Caregivers**” should wear a **face mask and gloves** when in **direct contact** with infected people. **Strict hand hygiene** should be followed in the following situations:

- *When they are with people infected with COVID-19*
- *When preparing food*
- *When eating*
- *After using the bathroom*

Those designated to look after infected people should **avoid direct contact** with bodily fluids and respiratory and oral secretions, as well as fecal matter.

* “**Caregivers**” **should not reuse face masks and gloves**.

These should be deposited in a hermetically sealed garbage bag.



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HOW SHOULD I DO THE CLEANING?

Those in charge of infected people or “**caregivers**” should **clean thoroughly**. This includes:

* **Constantly disinfecting surfaces that patients come into contact with**

They should wear **face masks** and **gloves** to **disinfect** tables, beds, devices, etcetera every day.

The American Chemistry Council has published this [list of cleaning products](#) you can use at home.

* **Avoid direct skin contact with sheets or clothes contaminated with urine or feces.**

If this occurs, you should **wear gloves**. You should also **avoid shaking out the sheets** to prevent a possible spread of the virus.

* **Provide tableware exclusively for patients.**

Tableware includes plates, cups, and cutlery, which should be washed with **dishwashing liquid and water at 60° C** and may be **reusable**.

* **In the case of clothes, towels, and sheets...**

It's recommended to not share them. They should be **washed** with detergent and **water** at a temperature of between **60 and 90°**.



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WHAT SHOULD I DO IF A HOUSEHOLD MEMBER DISPLAYS SYMPTOMS OF COVID-19?

People who live together should **stay at home** under constant **monitoring for 14 days** since the last contact.

*** If someone else displays symptoms of acute respiratory infection (fever, coughing, shortness of breath) ...**

He or she should immediately get in touch with his or her doctor, test for COVID-19 if possible, and let the hospital know they will be coming.

*** On the way to the hospital or reference center...**

Wear a medical face mask, follow hygiene measures, and stay at a distance of one and a half meters from other people. You should **avoid public transport**.



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HOW LONG SHOULD I STAY IN ISOLATION?

You should stay at home **until the symptoms disappear**. The doctor in charge of follow-up will **discharge** you on a case-by-case basis.

Bear in mind that **you shouldn't receive visits** during the isolation period.

"It's very important to pay attention to your symptoms, as the key to preventing the rapid spread of COVID-19 is prompt detection and self-isolating if it's suspected," says Dr. Michel Martínez, head of the [TecSalud](#) Epidemiological Surveillance Unit.

YOU'LL SURELY WANT TO READ THIS TOO:

<https://tec.mx/en/news/national/research/tec-engineers-attempt-detect-covid-19-artificial-intelligence>