

# Guidance for Large or Extended Families Living in the Same Household

Older adults and people of any age who have serious underlying medical conditions are at higher risk for severe illness from coronavirus disease 2019 (COVID-19). If your household includes people in these groups, then all family members should act as if they, themselves, are at higher risk. This can be difficult if space is limited for large or extended families living together. The following information may help you protect those who are most vulnerable in your household.

## This document explains how to:

- Protect the household when you leave for errands
- Protect household members at high risk for severe illness
- Protect children and others from getting sick
- Care for a household member who is sick
- Isolate a household member who is sick
- Eat meals together and feed a sick household member

## How to protect the household when you must leave the house

Don't leave the household unless **absolutely necessary!**

For example, only leave if you must go to work, the grocery store, pharmacy, or medical appointments that cannot be delayed (such as for infants or for people with serious health conditions). Choose one or two family members who are not at higher risk for severe illness from COVID-19 to do the needed errands. **If you must leave the household, follow these nine tips:**

1. **Avoid crowds, including social gatherings of any size.**
2. **Keep at least 6 feet away from other people.**
3. **Wash your hands often.**
4. **Don't touch frequently touched surfaces in public areas, such as elevator buttons and handrails.**

**5. Don't use public transportation, such as the train or bus, if possible. If you must use public transportation,**

- »Maintain 6 feet of distance from other passengers as much as possible.
- »Avoid touching frequently touched surfaces such as handrails.
- »Wash your hands or use hand sanitizer as soon as possible after leaving public transportation.

**1. Don't ride in a car with members of different households.**

**2. Wear a mask to help slow the spread of COVID-19.**

»Information about the use of masks is available at [www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html).