

# How to reduce the risk of spreading viruses in a shared living space

If you are not feeling well, consider taking these steps to stop the spread of illness, especially if you live with someone at greater risk for severe disease.

Use a separate bathroom, if possible. If there is a shared bathroom, disinfect surfaces after each use.



Stay away from others as much as possible when you're sick. Consider staying in your bedroom, even while eating.



Regularly clean and disinfect high-touch surfaces such as door handles, light switches and remote controls.



Ideally, food and beverages should be prepared by others so as not to spread illness in spaces where food is prepared or eaten.



Try to use the kitchen at different times.



Limit time spent in shared spaces and keep your distance, when possible. If unable to maintain distance, wear a well-fitting mask while around those at higher risk.



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