



## How to Protect Members of the Household Who are at Higher Risk for Severe Illness

Adults 65 or older and people who have serious underlying medical conditions are at highest risk of severe illness from COVID-19. If your household includes people in these groups, then all family members should act as if they, themselves, are at higher risk.

Here are seven ways to protect your household members.

1. **Stay home as much as possible.** Always wear a mask outside the home and insist that family around you wear a mask outside the home and during casual visits to you.
2. **Wash your hands often,** especially after you have been in a public place or after blowing your nose, coughing, or sneezing. Information on when and how to wash hands can be found here: [www.cdc.gov/handwashing/when-how-handwashing.html](http://www.cdc.gov/handwashing/when-how-handwashing.html). 
3. **Use an alcohol-based hand sanitizer that contains at least 60% alcohol if you can't wash with soap and water.**
  - » Place a dime-sized amount in your palm and rub your hands together, covering all parts of your hand, fingers, and nails until they feel dry.
4. **Don't touch your eyes, nose, and mouth with unwashed hands.**
5. **Cover your coughs and sneezes.**
  - » If you cough or sneeze, cover your mouth and nose with a tissue or use the inside of your elbow.
  - » Throw used tissues in the trash.
  - » Immediately wash your hands.
6. **Clean and then disinfect your home.**
  - » Wear disposable gloves, if available.
  - » Clean frequently touched surfaces daily with soap and water or other detergents. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
  - » Then, use an EPA-registered disinfectant that is appropriate for the surface. Follow the instructions on the label for safe and effective use of the cleaning product.

Disinfectants are chemicals that kill germs on surfaces.

EPA-registered disinfectants are listed here: [www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2](http://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2).

More about cleaning and disinfecting can be found here: [www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html)

### 7. Don't have visitors unless they need to be in your home.

You can find more information at [www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html](http://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html).

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To file a grievance please contact ESRD Network of Texas (Network 14) at 1-877-886-4435 or ESRD Network of Texas, Inc. 4099 McEwen Rd, Ste. 820 Dallas, TX 75244. Office: 972-503-3215, fax: 972-503-3219, toll free: 877-886-4435, email: [nw14info@allianthealth.org](mailto:nw14info@allianthealth.org), website: [www.esrdnetwork.org/](http://www.esrdnetwork.org/)

\*This information was adopted from the CDC.