

# Recommendations for Households Living in Close Quarters

Many Austin-Travis County residents live in close quarters such as a small apartment or multigenerational households. You must protect those who are most vulnerable in your household, including older adults and people with underlying medical conditions, who are at higher risk for severe illness from COVID-19.

## Separate Household Members Who Are Sick:

- Provide a separate bedroom and bathroom, and separate the ill individual from other household members
- Consider placing a physical divider to separate the ill individual's bed
- If sharing a bathroom is necessary, the ill individual should clean and disinfect surfaces after each use
- Ill individuals should eat separately and not prepare household food
- Dedicate one lower-risk household member to care for the ill individual
- Dedicate a different caregiver for other household members who require help with daily tasks
- Call 512-810-7554 if you do not have a place to safely isolate to utilize a City of Austin Isolation Facility

## Get Tested



Pre-register for FREE COVID-19 testing for you or a loved one.

## Drive-Up Testing

Visit [Austintexas.gov/COVID19](https://www.austintexas.gov/COVID19)

## CommUnityCare

Drive-Up & Walk-Up Testing  
Call 512-978-8775 before your visit since days and times are different at various locations.

## Check Mental Health



If you or those you live with feel anxiety and worry, sleeping troubles, over or under eating, or sadness and depressed mood.

Please reach out to:

**Integral Care 24-Hour Crisis Hotline:** 512-472-HELP (4357)



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## Limit Risks for High-Risk Household Members:

- If your household includes even one vulnerable individual, then all household members should act as if they are at higher risk
- Designate a lower-risk household member to run essential errands such as going to the grocery store · When running essential errands, wear a cloth face covering, avoid crowds, and practice social distancing
- Limit use of public transportation and riding in cars with members of other households. If such travel is essential, follow proper hygiene practices
- High-risk individuals should avoid caring for sick people and children in their household, if possible

**[AustinTexas.gov/COVID19](https://www.austintexas.gov/COVID19)**

