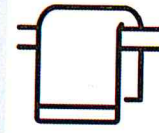




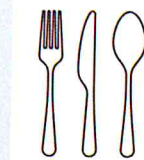
How to stay healthy in a multi-generational household to avoid the spread of Covid-19



Make sure elderly or vulnerable people use separate towels from other people in the house both for drying themselves after bathing and showering and for hand hygiene purposes



Ensure every member of the household washes their hands with soap and water regularly for a minimum of 20 seconds or use hand gel sanitiser



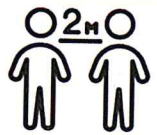
It can be difficult for some people to separate themselves from others at home. If you share a kitchen with a elderly or vulnerable person, avoid using it while they are present



Minimise as much as possible the time any elderly or vulnerable family members spend in shared spaces such as kitchens, bathrooms and sitting areas and keep shared spaces well ventilated



If you do share a toilet and bathroom with a elderly or vulnerable person, it is important that you clean and wipe surfaces you have come in contact with. Closing the toilet lid, before flushing may help too



Aim to keep 2 metres away from elderly or vulnerable people you live with and encourage them to sleep in a different bed



Another tip is to consider drawing up a rota for bathing, with the elderly or vulnerable person using the facilities first