

HEALTH & FITNESS

WHAT TO DO IF SOMEONE IN YOUR HOME HAS COVID—AND HOW TO PROTECT YOURSELF

Ways to prevent the spread in your household



Written by [Kaleb A. Brown](#), News Staff Writer who ties events you care about to products you need.
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COVID-19 cases have been on the **rise this month**, with peak levels soon to come as we move toward the height of **flu season**, according to the Centers for Disease Control and Prevention (CDC).

This increase is due to several factors, according to Dr. Marci Lynn Drees, Chief Infection Prevention Officer and Hospital Epidemiologist at ChristianaCare, a Delaware-based health system. One of these is the fact that we're just getting finished with holiday travel, which provides opportunities for viruses such as COVID-19 to spread. Beyond returning from vacation, Drees cites the season itself as another reason for the increase in cases. The cold temperatures outside allow viruses to remain viable longer and cause us to go more often into crowded, indoor spaces for recreational activities.

Even if you've managed to avoid getting sick, other members of your household may not have been so fortunate. While it can be difficult, it is possible to navigate a household when a loved one is sick and attempt to stay **healthy** yourself. Here's everything you need to know, including **symptoms of COVID-19** and what you need to deal with illness in the household.

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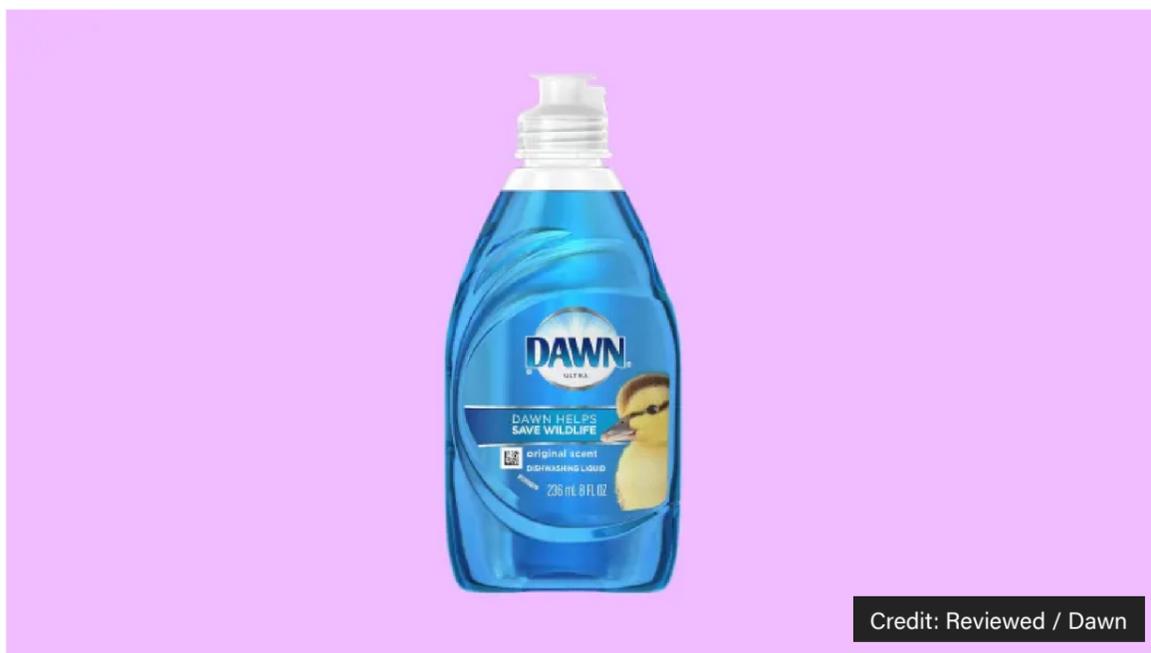
Symptoms of COVID-19

The symptoms of COVID-19 are generally the same across variants. Reach out to your doctor if you find your symptoms cause for concern and to determine the best course of action for your recovery.

- Runny or stuffy nose
- Headache
- Fatigue
- Sneezing
- Sore throat
- Coughing
- Changes to sense of smell

What to do if someone at home has COVID

Wash the dishes with powerful detergent



Credit: Reviewed / Dawn

Dawn Ultra did better in our testing than other dish soaps.

You'll need to make sure you wash the dishes thoroughly when caring for someone sick with COVID-19. Otherwise, you risk the possibility of getting sick by ingesting COVID particulates. The **best dish detergent** for the task is **Dawn Ultra**, which tested better at cleaning tough stains than competing detergents.



Dawn Ultra

Dawn Ultra's grease-cleaning power rated better than competitors' in our tests.

BUY NOW
at Amazon

Wash the laundry often



Credit: Reviewed / Persil

Persil ProClean gets high marks for its stain removal ability.

Likewise, you'll want to make sure their laundry is given a thorough cleaning as well. Our **favorite laundry detergent, Persil ProClean**, has the best stain removal of detergents we've tested, meaning it's more than capable of neutralizing COVID-19 particles on your loved one or roommate's clothing.



Persil ProClean

Persil ProClean tests well in all types of machines, including high-efficiency washers, and cleans effectively in cold water.

BUY NOW
at Amazon

Contain their waste with a quality garbage bag



Credit: Reviewed / Glad

A quality trash bag like Glad ForceFlex Plus will help manage waste and avoid contamination.

Keep your sick housemate's waste separate from the rest of the household's trash to mitigate the risk of contact with COVID-19 particulates. You'll want to keep a **quality trash bag** in the room with them, such as our favorite, **Glad's ForceFlex Plus**.



Glad ForceFlex Plus

Glad ForceFlex Plus trash bags combat contamination and resist punctures, rips, and tears.

BUY NOW
at Amazon

Wear a face mask around them



Credit: Reviewed / SupplyAID

KN95 face masks are essential to reducing chances of infection.

Wearing a face mask is one of the best ways to curb the spread of COVID-19, both in and out of the house. If someone in your house has COVID-19, at least one of you should consider masking up, particularly when interacting with one another. **KN95 and N95 masks** remain the gold standard of protection, as they block 95% of particles, including the ones responsible for the transmission of COVID-19.



SupplyAID KN95 Face Mask

KN95 face masks, such as these disposable ones from SupplyAID, are the optimal protection against infection from COVID-19.

BUY NOW
at Amazon

Sleep separately with an air mattress



Credit: Reviewed / SoundAsleep

A comfortable air mattress can help you quarantine in comfort.

If the person in your house that's sick with COVID is someone you usually share a bed with, it's a good idea to sleep separately for the duration of their quarantine.

Fortunately, **SoundAsleep Dream Series Air Mattress** is almost as luxurious as a traditional mattress. **Our favorite air mattress** is not only comfortable, but it has good weight distribution and is easy to store when you're done with it.

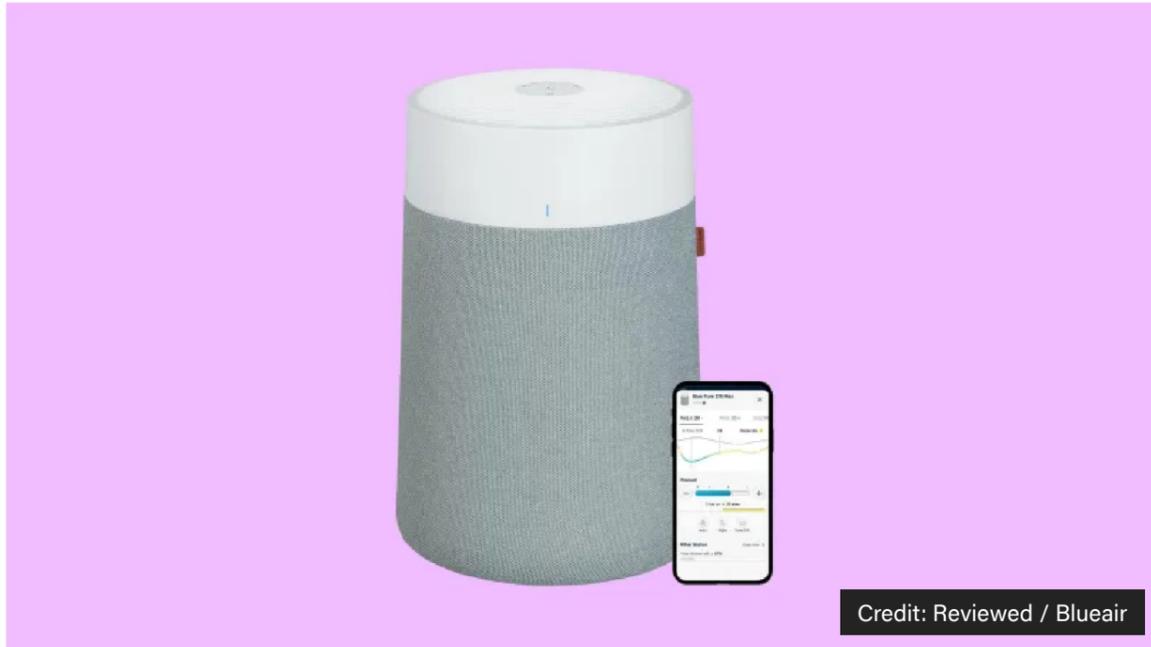


SoundAsleep Dream Series Air Mattress

Able to fit two people, the Dream Series air mattress has a one-click internal pump to ensure quick and easy inflation and deflation.

BUY NOW
at Amazon

Purify your home with an air purifier



Credit: Reviewed / Blueair

The Blueair Blue Pure 311i Max is a silent but highly effective air purifier.

A quality air purifier will reduce the number of airborne contaminants in your home, **including the ones responsible for transmitting COVID-19**. As a result, we recommend running **our favorite air purifier** while caring for someone with COVID-19 —the **Blueair Blue Pure 311i Max**. It has excellent air filtration while being supremely quiet.



Blueair Blue Pure 311i Max

The Blueair smart air purifier has app scheduling and air quality monitoring, with Alexa voice control available.

BUY NOW
at Amazon

Stock up on quality tissues



Credit: Reviewed / Procter & Gamble

Make sure your cohabitant is stocked up on tissues to deal with COVID's symptoms.

Your housemate will likely develop congestion or a runny nose as a symptom of COVID-19. If they do, we know they'll appreciate being able to blow their nose in the **best tissue, Puffs Ultra Soft**, which is both durable and comfortable.



Puffs Ultra Soft Facial Tissues

These tissues contain no lotion and are soft, strong and fragrance-free.

BUY NOW
at Amazon

Wash your hands frequently



Credit: Reviewed / Softsoap

Washing with soap and water greatly helps cut down the chances of contamination.

Another way to ward off COVID-19 is by washing your hands often, particularly after dealing with clothing or dishes that may be contaminated with COVID-19 particles. The CDC recommends washing with soap and water when possible, but **hand sanitizer** works when you're in a pinch or on the go. **Softsoap** has some of the best reviewed hand soaps on Amazon—its fresh breeze soap has over 49,000 five-star reviews, with buyers loving its scent and softness.

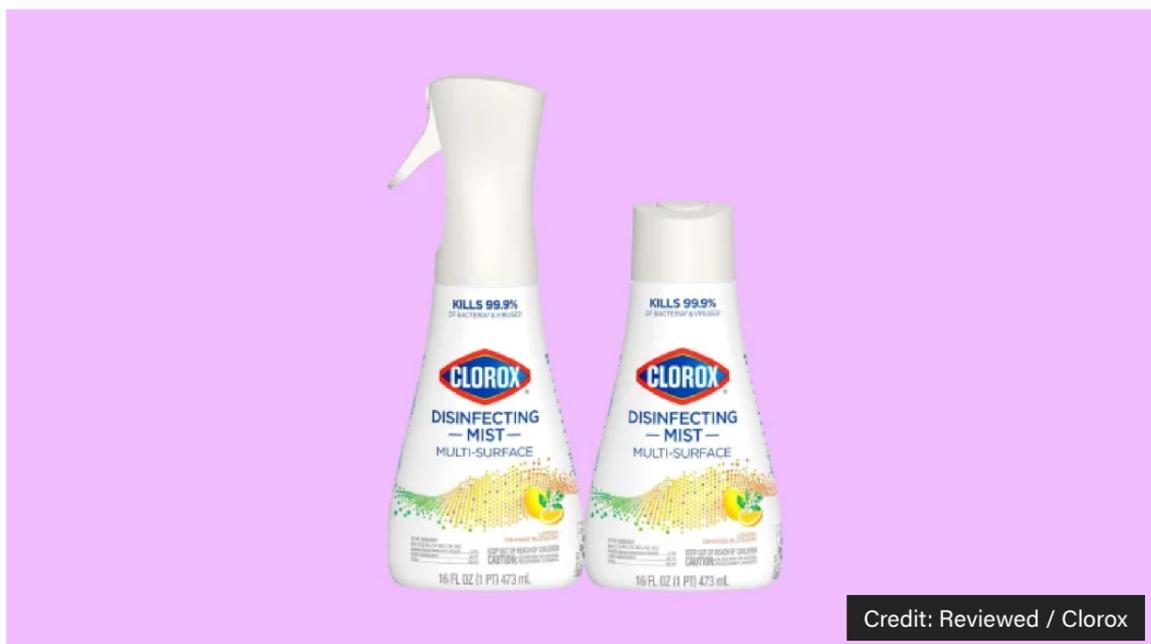


Softsoap Liquid Hand Soap

Softsoap liquid hand soap gets rave reviews and comes in handy at home when a loved one has COVID.

BUY NOW
at Amazon

Disinfect your home



Credit: Reviewed / Clorox

Clorox's well-reviewed products can disinfect high-touch surfaces in the household.

While your loved one or roommate should be ideally staying in spaces separate from the rest of the house, this isn't possible for every household. Fortunately, you can still safely navigate your household by disinfecting the things they touch. Concentrate your

disinfecting on high-touch surfaces like remote controls, light switches, and doorknobs. **Clorox disinfectant spray** works on multiple surfaces and has over 6,800 five-star reviews, with buyers loving the pleasant scent and long range of the mist.



Clorox Disinfecting Mist

Clorox Disinfecting Mist allows you to clean counters, doorknobs, couches, car interiors, plastic toys, and bedding with a spray-and-go approach.

BUY NOW
at Amazon

Monitor illness with an at-home test



Credit: Reviewed / BinaxNOW

Regular testing is highly recommended and made easy with 15-minute, at-home self tests.

To see whether your roommate still has COVID-19 or to see if you've caught it yourself, you'll want to keep a couple of **COVID-19 tests** at home. These tests are easy to use and give you results in as little as 15 minutes.

COVID-19 Antigen Self Test



Whether you have symptoms or not, you can test yourself at home with ease using a nasal swab test.

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