



Handling Household Issues if Someone in Your Home is Sick

The State of New Jersey has compiled a helpful website for New Jersey residents to get access to a variety of tools to assist them during this time. Please visit <https://covid19.nj.gov/> where you will have access to live updates, a symptom checker, and a live portal where you can ask questions directly.

Also, the state has set-up a call line, 1-800-222-1222 or 1-800-962-1253 where trained professionals are available 24/7 to answer any questions. Please note that the hotline is not to locate testing, to get test results, or for medical advice.

Residents can also call 2-1-1 with questions or concerns about COVID-19 and the resources available to them. Residents can also text NJCOVID to 898-211 to receive text information and stay informed. To receive live text assistance, residents can text their zip code to 898-211.

How to Handle Cleaning and Disinfecting when Someone in Your Household is Sick

- If possible, keep a separate bedroom and bathroom for a person who is sick.
- The person who is sick should stay separated from other people in the home as much as possible.
- If you have a separate bedroom and bathroom: Only clean the area around the person who is sick when needed, such as when the area is soiled. This will help limit your contact with the person who is sick.
- Caregivers can provide personal cleaning supplies to the person who is sick (if appropriate). Supplies include tissues, paper towels, cleaners, and disinfectants. If they feel up to it, the person who is sick can clean their own space.
- If there is a shared bathroom: The person who is sick should clean and disinfect after each use. If this is not possible, the caregiver should wait as long as possible before cleaning and disinfecting.

Handling Food for Someone Who Is Sick

- Stay separated: The person who is sick should eat (or be fed) in their room if possible.
- Wash dishes and utensils using gloves and hot water: Handle any used dishes, cups/glasses, or silverware with gloves. Wash them with soap and hot water or in a dishwasher.
- Clean hands after taking off gloves or handling used items.

Handling Trash if Someone in Your Home is Sick

- If possible, dedicate a lined trash can for the person who is sick.
- Use gloves when removing garbage bags, and handling and disposing of trash. Wash hands afterwards.

Full guidance can be found on the CDC's website, by [clicking here](#).

For more information and a list of available resources, please check the news section of NJAA's website at www.njaa.com. Also, follow us on social media, where updates will be made available.



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