

Moving to a new household during COVID-19

Going home for the holidays and maybe longer? Help reduce the risks related to introducing a new person into a household.

Before departing



- Begin quarantining one week before departure.
- Get tested close to your departure date, if possible.
- Initiate a discussion with the household you are joining. Discuss living arrangements and the precautions everyone will take to reduce risks for the household.
- Read the Collaboratory's "Safer Traveling During COVID-19" to help prepare for your trip.

Arrival and greetings

- As much as you may wish to greet each other with hugs, remember that you need to wait a few weeks before this is low risk. Greet each other with elbow bumps, waves, and words that express how you feel.
- If you are getting in the car together, continue to wear your masks. Lower the windows if possible or turn on the fan to circulate outside air, not recycled air.
- Shower when you arrive at the destination, put on clean clothes, and use a new mask.



First 2 weeks - 1 month

Act as if you are a new guest in the household, even if returning to live with family. As much as possible, create your own living space that is separate from others. Each new person entering the household should quarantine separately.



- Use your own restroom or limit the number of people with whom you share a bathroom. Keep your toothbrush and toiletries separate from others.
- Don't eat or drink from the same vessels as others. Use a dishwasher or wash your own dishes.
- Sleep in separate spaces as much as possible. Different bedrooms is ideal or, weather permitting, try camping outside. If not possible, sleep several feet apart.
- Continue to wear masks when together indoors and in vehicles. Open the windows to circulate in fresh air. Clean shared spaces diligently.
- Consider getting tested for COVID-19. Remember that if you do this immediately after travel, it is possible that you are still incubating the virus and it will not show up on a test.

Socializing

If you and the household members will spend time together during the quarantine period, create a safer environment for doing so.

- Spend time outdoors as much as possible.
- If indoors, open windows and/or get an air filter to circulate clean air.
- Space chairs out appropriately so people continue to maintain a safe distance.
- Refrain from seeing people outside of the household while in your quarantine period.
- Exercise higher degrees of caution around people who are higher risk of severe illness.

