

# Learn how to protect your multigenerational household from illness

## What is a multigenerational household?

**A multigenerational household is when family members from more than 2 generations live together.** For example, grandparents, parents, and children all living in the same home. Since the start of COVID-19, more families have chosen to live this way. It has benefits but also challenges, especially when it comes to health.



## How can we protect ourselves from spreading illness in a multigenerational household?

There are simple things you and your family can do to better protect yourselves from spreading germs:

**Improve ventilation:** Keep the air in your home moving:

- Open windows when possible
- Replace the air filter on your home's furnace or central air conditioner often, usually every 1-3 months depending on the type of filter you have

**Stay up to date on vaccines:** Make sure everyone in the house is up to date on the vaccines they're eligible for, such as COVID-19, flu, and RSV

**Get tested:** If you feel sick, get tested for COVID-19 or other illnesses

- If you have symptoms, take an at-home test
- If you don't have symptoms but have been around someone who has COVID-19, it's safe to get tested at your doctor's office or retail pharmacy such as CVS or Walgreens

**Wear a mask:** Wear a mask when you go out, travel to crowded places, or have a sick family member at home – an N95 or KN95 mask is best

**Practice good hygiene:** Wash your hands with soap and water and don't touch your face

**Clean and disinfect daily:** Focus on cleaning things and surfaces that people touch often, such as:

Doorknobs and light switches

Toys your kids play with most often

Handrails and handles

Toilets and sinks

Remotes and electronic devices



### Stock up on at-home COVID-19 tests

Sign up to get 4 free at-home COVID-19 tests here:  
[www.covid.gov/tests](https://www.covid.gov/tests)



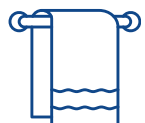
# How can I protect others in my household if I get sick with an illness like COVID-19, flu, or RSV?



Isolate if you can by staying in a different room from everyone else



Use a separate bathroom if possible



Don't share things like cups, spoons, or towels



Wear a mask, even at home



Talk to a doctor by phone or email for more advice and treatment options



## When is it safe to stop isolating?

You can stop isolating after you:

- Have no more symptoms
- Test negative
- Have no fever for 24 hours (without taking medicine)

## Learn more

- ▶ Generations United COVID-19 Fact Sheet for Grandfamilies and Multigenerational Families

[gu.org/app/uploads/2020/06/COVID-19-Fact-Sheet-June-Update-1.pdf?deliveryName=USCDC\\_964-DM35163](https://gu.org/app/uploads/2020/06/COVID-19-Fact-Sheet-June-Update-1.pdf?deliveryName=USCDC_964-DM35163)



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