

Modifications to Routine Household Procedures Can Reduce Risk of COVID-19 Contagion

Families and individuals bear a responsibility to adapt their behavior to mitigate community contagion and keep themselves safe. Adopting the guidance contained in this document for household use could reduce the potential risk of COVID-19 exposure and support protocols issued from local and state authorities.

- These guidelines are based on best practices employed by Crumpton Group (CG) risk management professionals throughout their careers in government and the private sector. An informed and disciplined approach to risk has helped those individuals and their families remain safe while living and working in more than 100 countries, some of which experience frequent microbial and epidemiological risk.
- This set of best practices also borrows from procedures employed by the US military and emergency response authorities related to chemical, biological, radiological, and nuclear (CBRN) events.

The faster a household implements and adheres to this plan, the more effective it will be at reducing COVID-19-related risk. Each household should decide what is prudent and best for their particular circumstances.

- Individual circumstances and resources dictate what is possible, feasible, and appropriate. The goal of this plan is to react, but not to overreact.
- Deliberate and thoughtful planning about what you do and how you do it matters. This plan establishes a positive example for family, friends, and colleagues. Moreover, positive action fosters an environment of communal trust and support, which becomes critical in a crisis.
- If appropriate, sharing this guidance with close contacts and neighbors will help elevate and standardize contagion prevention measures, so that people from these households can interact with each other with reduced risk of contagion.

Execution of this plan will be difficult. These are not intuitive behaviors. Household members should execute this set of processes with clarity of purpose in order to turn these behaviors into everyday habits.

How to Apply these Guidelines

These guidelines can be adapted to the unique circumstances of a household. They are designed with the following objectives in mind:

1. Household members should understand that their principal effort should be directed towards isolating the inside of the home from the pandemic effects outside. All physical thresholds of the home will serve as a cordon sanitaire. Strive to decontaminate everyone and everything to the best practical degree before entering.
2. Execute adapted social practices and routines to preserve safety, well-being, and stability outside of the home.
3. Resupply the home with essential goods while reducing exposure of people and those goods to COVID-19.
4. Develop plans for internal separation within the home in the event a household member exhibits symptoms. Adjust the plan to adhere to any specific guidance provided by the household member's healthcare provider or authorities.

Guidelines
<p>Steps for Individuals</p> <ul style="list-style-type: none">• Remove shoes before entering the home.• Sanitize hands before entering the home.• Wash hands with soap and warm water upon entry.• Wash clothes frequently and do not re-wear clothes. Consider removing outer garments and clothes if returning from heavily trafficked areas (e.g. crowded grocery store).• Wash bedding and towels at least once per week and ideally twice per week.• Maintain distance from others in public areas (at least six feet).• Adapt social customs and body language by avoiding direct contact.• Adapt recreational behavior to avoid crowded indoor areas.• Avoid using cash; instead use credit cards or Apple/Google Pay.• Decontaminate personal electronics, keys, credit cards, and wallets daily with disinfectant wipes. See textbox below regarding the importance of decontaminating surfaces.
<p>Steps for Groups</p> <ul style="list-style-type: none">• Define a “cordon sanitaire” for your household. This perimeter should clearly identify what and where the thresholds are for decontamination and entry of people and goods. These will typically be exterior-facing doors and garages. Place sanitation products at these locations.• Wash hands with soap and warm water prior to meal preparation, and before and after eating.

- Define where a household member will rest if they become sick, as well as which household members will provide care to that individual and how they will do so while minimizing the risk of contagion to the rest of the household.

Resupplying the Home

Plan for disruptions.

- Develop a list of products the home requires, to include quantities and frequency of use. Order and buy what you can now to limit viral exposure.
- Expect shortages at brick-and-mortar retail locations.
- Expect shortages and delays from e-commerce services.
- Consider the possibilities of local- or state-level travel restrictions that would disrupt supply chains and door-to-door delivery service.
- Anticipate short-term disruption of availability in required goods, with an eventual re-establishment of sufficient (but less comprehensive) commerce and delivery services in the medium term. This will vary widely considering differences in regional COVID-19 impacts and related government responses.

As you encounter disruptions:

- Plan on conducting resupply once a week, limited to one location per trip.
- Plan requirements as a household and consider delivery or curbside pickup options should such services continue to be available.
- Purchase in accordance with requirements; do not over-stock.
- Avoid multi-stop shopping in order to limit exposure to potential viral presence in disparate environments. Multi-stop shopping could likely complicate virus tracing efforts if you become sick.
- Use one vehicle to conduct resupply operations. This will simplify vehicle sanitation.
- Two individuals should conduct shopping tasks as a team. The first individual is responsible for executing the plan. The second individual is responsible for assisting plan execution in addition to providing observational and security awareness.

When you get home:

- Decontaminate the interior of the vehicle before entering the home. Consider using personal disinfectant (PDI) wipes, Clorox wipes, or a 10-percent bleach-water solution.
- Decontaminate all goods outside the cordon sanitaire.
- Discard all grocery bags and excess packaging outside the cordon sanitaire.
- Discard all used cleaning material (e.g. gloves and wipes) outside the cordon sanitaire.
- Apply decontamination methods to all delivered packages with the same rigor as goods and groceries purchased at the store.
 - Decontaminate exterior of products before storing in the home.
 - Discard excesses packaging outside the cordon sanitaire.
 - Discard used decontamination products outside the home.

Recreational Activities

- Limit recreational activities to non-communal locations.
- Recreation should be outside.
- Recreation should support health and well-being.
- Recreation should support important social bonds with friends and family. Communicate with friends and family ahead of any recreational activities to check on each individual's health, and communicate expectations regarding hygiene and physical contact.

Travel Considerations

- Limit travel as much as possible.
- Cease all travel for recreation or leisure.
- Execute work-from-home procedures.
- Limit work travel to what is truly necessary. Employ automobile transport. Cease using public transportation if possible; otherwise, plan commutes for non-peak hours.

Social Interactions in Public

- Be kind, but be aware.
- Be assertive, but understanding.
- Be prepared.
- Be responsible for your own safety and the safety of members of the household.
- Do not expect effective responsiveness from public services.

Desired End-State

- Create and maintain a cohesive household with all members playing their role, and focus on segregating the physical home structure from viral infection.
- Create and maintain a productive and positive environment within the home where all household members have clarity of purpose and cohesion.
- All household members adopt, understand, and adhere to the plan.

Communication and Iterative Refinement of the Established Guidance

Execute the guidance now with all household members. Start by defining tasks and responsibilities for all household members. Discuss and develop a practical understanding of this plan with household members.

- Responsibilities will evolve and will require a degree of flexibility; however, household members will need to understand certain functional responsibilities.
- Be clear and articulate when communicating this guidance. The tasks are procedural and require a clear, shared understanding of what each person should do.

- It could take one to two weeks before the guidelines become habit for many people. It will require continuous refinement and communication.
- Maintain a copy of the most up-to-date version of this guidance in an accessible location or shared folder with all household members.

This is a living document. It is designed to capture and employ best practices. Input and communal ownership will help ensure adherence and effectiveness.

Plan on routine communication in the following areas:

- Identify shortfalls and areas of improvement for the household guidelines.
- Communicate when household members, or others, execute logistics runs.
- Record logistics shortfalls and projected requirements.
- If you plan to disseminate your version of this document, make sure to sanitize any sensitive or personally identifiable information (PII) prior to distribution.

Understand that all tenets the household agrees upon collectively are requirements. Function supersedes form. If there is a more efficient way, speak up and offer a solution.

Studies Suggest Coronaviruses Can Persist on Various Surfaces

CG recommendations that family members regularly decontaminate surfaces are based on scientific studies that suggest the virus may be able to live for extended periods on various types of hard surfaces.

- Studies are being conducted to determine the length of time COVID-19 can survive on different material surfaces.
- Based on extensive studies done on two related coronaviruses – severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS) – scientists cited in the *Journal of Hospital Infection* advise that human coronaviruses can remain infectious anywhere from two hours to nine days, depending on the material and environmental conditions. In colder and dry temperatures (around 39.2°F/4°C), the virus will persist longer on surfaces compared to warmer and more humid temperatures, (86°F/30°C or higher.)
- Regularly clean and disinfect hard surfaces in the home or vehicles that are touched at higher frequency (e.g., doorknobs, smartphones, light switches, remotes, counters, steering wheels, and other hard surfaces.).
- Per guidance from the Centers for Disease Control and Prevention, use solutions with at least 70 percent alcohol, diluted bleach solution, or EPA-certified household disinfectants.