3/25/2020

Housing during COVID-19

Multigenerational Families & Co-living
A multigenerational household has more than two generations living under one roof. This includes families that have a grandparent living in the home. These types of households may also be grandfamilies or kinship families in which children live with and/or are being raised by grandparents, other extended family members, and adults with whom they have a close family-like relationship.¹ Many Tribal communities are made up of multigenerational families that house elders or those that are considered at higher risk for severe illness from COVID-19. These families may be both geographically and socially close, and these close ties can make Tribal communities more vulnerable to COVID-19 spreading.

Tips to Protect the Health and Safety of Multigenerational Homes
- Share responsibilities amongst all family members to avoid stress and monotony
- Stay at home, if possible
  - If you have to leave home keep 6 feet away from people
- Wash hands often and thoroughly, while at home, and definitely, if returning to the house
- Clean and disinfect frequently touched spaces daily
- Avoid in-person gatherings outside the home. If possible talk on the phone, video chat, or find other ways of staying connected that are not in-person
- If someone in the home develops symptoms, contact a health care provider, have that person stay in a room away from other people, and limited contact, as much as possible.
  - If the sick person has to be around others (within the home, in a vehicle, or doctor’s office), he/she should wear a cloth face covering to cover their mouth and nose.
- Stock-up on supplies and medications for all family members
- Have a plan for how the house will function if somebody gets sick, or needs to be isolated.
