



National Indian Health Board
**NATIONAL TRIBAL
COVID-19 RESPONSE**

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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.



Image Source: CDC

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.

For additional tips visit <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/what-you-can-do.html> and <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>

¹ Grandfamilies. Generations United. Accessed: <https://www.gu.org/explore-our-topics/grandfamilies/>

Disclaimer:

This fact sheet is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$2,000,000 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.