

Get your Household Ready for Coronavirus Disease

Before a COVID-19 Outbreak in your community: Plan!

Create a Household Plan of Action:

- ✓ Talk with the people who need to be included in your plan (household members, relatives, friends), find out what their needs might be.
- ✓ Plan ways to care for those who might be at a greater risk for serious complications (older adults, those with a chronic medical condition, and those who are immunocompromised).
- ✓ Get to know your neighbors. Talk about emergency planning
- ✓ Identify aid organizations in your community
- ✓ Create an emergency contact list (include family, friends, neighbors, carpool drivers, health care providers, teachers, employers, local public health department, etc)

Practice good personal health habits and plan for home-based actions

- ✓ Practice everyday preventative actions now.
 - Avoid close contact with people who are sick.
 - Stay home when you are sick, except to get medical care.
 - Cover your coughs and sneezes with a tissue.
 - Clean frequently touched surfaces and objects daily (e.g., tables, countertops, light switches, doorknobs, and cabinet handles) using a regular household detergent and water.
 - Wash your hands with soap and water for 20 seconds. Use alcohol-based hand sanitizer if soap and water are not available.
 - Choose a room in your house that can be used to separate sick household members from those who are healthy. Identify a separate bathroom for sick household members, if possible.

Be prepared if your child's school or childcare facility is temporarily dismissed

- ✓ Learn about the emergency operations plan at your child's school or childcare facility.

Plan for potential changes at your workplace

- ✓ Learn about your employer's emergency operations plan. Discuss sick-leave policies and telework options for workers who are sick or who need to stay home to care for sick household members

During a COVID-19 Outbreak in your community: Act!

During an outbreak in your community protect yourself and others by:

- ✓ Staying home from work and school and all activities if you are sick with symptoms including cough, fever, shortness of breath/difficulty breathing
- ✓ Keeping away from others who are sick
- ✓ Limiting close contact with others as much as possible (about 6 ft)

Put your household plan into action

- ✓ Stay informed about the local COVID-19 situation. Be aware of temporary school dismissals in your area, as this may affect your household's daily routine.
- ✓ Stay home if you are sick
- ✓ Continue practicing everyday preventative actions
- ✓ Use the separate room and bathroom (if possible) you prepared for sick household members. Avoid sharing personal items like food and drinks. Provide your sick household member with clean disposable facemasks to wear at home, if available, to help prevent spreading COVID-19 to others. Clean the sick room and bathroom, as needed, to avoid unnecessary contact with the sick person.
- ✓ Stay in touch with others by phone and email. If you live alone and become sick during a COVID-19 outbreak, you may need help. If you have a chronic medical condition and live alone, ask family, friends, and health care providers to check on you during an outbreak. Stay in touch with family and friends with chronic medical conditions.
- ✓ Take care of the emotional health of your household members. Outbreaks can be stressful for adults and children. Talk with your children about the outbreak, try to stay calm, and reassure them that they are safe.
- ✓ Inform your workplace if you need to change your regular work schedule
- ✓ Notify your workplace as soon as possible if your work schedule needs to change. Ask to work from home or take leave if someone in your household gets sick with COVID-19

Take the following steps to protect your children during an outbreak:

- ✓ If your child gets sick with COVID-19, notify their child care facility or school.
- ✓ Keep track of school dismissals in your community
- ✓ Discourage children and teens from gathering in other public places while school is dismissed to help slow the spread of COVID-19 in the community.

After a COVID-19 Outbreak has ended in your community: Follow up!

Evaluate the effectiveness of your household's plan of action

- ✓ Discuss and note lessons learned.
- ✓ Participate in community discussions about emergency planning.
- ✓ Continue to practice everyday preventative actions
- ✓ Take care of the emotional health of your household members. Take breaks from watching, reading, or listening to news stories about COVID-19. Connect with family and friends. Share your concerns and how you are feeling with others.
- ✓ Help your child/children cope after the outbreak. Provide children with opportunities to talk about what they went through or what they think about it. Encourage them to share concerns and ask questions.

For more information on COVID-19 visit the CDC website:
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
Or the website for your local Public Health Department.