



## **How to Get Your Household Prepared for a COVID-19 Outbreak**

### ***What are some things I can do to prepare for a potential outbreak?***

#### **How can I prevent getting COVID-19?**

- Wash your hands frequently throughout the day. Use alcohol-based sanitizers or soap and water and continue washing for at least 20 seconds
- Avoid touching your eyes, nose and mouth with unwashed hands
- Stay away from people who are sick

Note: See CDC Pan Flu Plan which is also useful for COVID-19

<https://www.cdc.gov/nonpharmaceutical-interventions/pdf/gr-pan-flu-ind-house.pdf>

#### **What do you do if you get sick?**

If you show signs of an illness, like a fever or cough, call your doctor's office to discuss your symptoms. Don't go to the doctor's office, emergency room or urgent care, where you might infect others. If you are having trouble breathing or feel dehydrated, call 911.

#### **Face Masks**

If you are sick or if you are caring for others that are sick, wearing a mask is a good idea. This can reduce the chance of infecting others. If you are not ill, the CDC recommends not wearing a face mask in public.

#### **Cleaning Supplies**

Keep items such as sprays or wipes that contain bleach and/or alcohol around and use them to wipe surfaces that are frequently touched throughout the day.

## **What about children and older citizens?**

Start planning now in case daycare centers or schools start closing due to an outbreak. What are your backup childcare plans? If you have older relatives that live in a different city, contact friends or neighbors who might be able to help.

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## **Nonperishable Food Items**

You should plan to stock up on nonperishable food items, enough for at least 14 days. Think about items you typically need if you are sick: chicken broth, soup, and crackers. Also include drinks such as Gatorade and Pedialyte. Bottled water is also a must. Don't forget about pets and their needs as well.

## **Medications**

If you take medications be sure you have enough to last for a few weeks, if possible. Check with your insurance provider. You may also want to have pain relievers on hand, such as ibuprofen or acetaminophen.

## **Telecommuting**

If you are sick, stay home, however, telecommuting is advised in the event of a local outbreak. This reduces the chance that you'll get infected. Be aware of your workplace policies regarding the ability to telework.

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