COVID-19 PREVENTATIVE MEASURES

PREPARING FOR AN OUTBREAK IN YOUR COMMUNITY

A COVID-19 outbreak could last for a long time in your community. Creating a household plan can help protect your health and the health of those you care about in the event of an outbreak of COVID-19 in your community.

- Talk with the people who need to be included in your plan. Meet with household members, other relatives, and friends to discuss what the needs of each person will be.

- Plan ways to care for those who might be at greater risk for serious complications, such as older adults and persons who have underlying chronic medical conditions.

- Get to know your neighbors and talk with them about emergency planning. If your neighborhood has a website or social media page, consider joining it.

- Identify aid organizations in your community that you can contact in the event you need access to information, health care services, support, and resources.

- Create an emergency contact list for your household for family, friends, neighbors, health care providers, the local public health department, etc.

- Practice everyday preventive actions now. This includes avoiding close contact with people who are sick, staying home when you are sick, covering your coughs and sneezes, cleaning/disinfecting frequently touched surfaces, and washing your hands.

- Choose a room in your home that can be used to separate sick household members from those who are healthy. Plan to clean these rooms when someone is sick.