

Preparing Yourself & Your Family for COVID-19

Preparing yourself and your family for an outbreak of COVID-19 (coronavirus) in your community can help everyone stay calm and know what to expect. Use these tips to create a household plan to keep everyone safe.

- 1.** Talk with family and friends who need to be included in your plan. Identify needs and concerns for each person as well as ways to stay in contact.
- 2.** Plan ways to care for those at greater risk for COVID-19 and complications. Consult with health care providers and know what medical services are available. Be aware of any changes to medical services in your community and know the process for seeking help or testing.
- 3.** Identify aid organizations in your community. Know what health care services, food resources, and other assistance services are available.
- 4.** Create a contact list. Include family, friends, medical services, food resources, and other assistance services.
- 5.** Identify a room that can be used if family members become ill. A separate bedroom and bathroom is best, if possible.
- 6.** Learn about and keep updated on your child's school or childcare emergency operations. Know about efforts for continuing education and/or food service should schools close.
- 7.** Learn about your employer's emergency plan. Know leave policies and options for working at a distance, if possible.
- 8.** Connect with information sources in your community. Look for community resource groups on social media, websites with reliable information, and other sources.
- 9.** Check your food and medication supplies. Try to make sure you have food and medication (prescription and over the counter) to last several weeks, if possible.
- 10.** Check your cleaning supplies. A bottle of bleach can go a long way to helping disinfect surfaces and keep your house safe. Make sure your bathrooms and kitchen have hand soap.

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