



Coronavirus Disease COVID-19

Preventive Actions & Preparedness Kit

March 2020

Plan, prepare and respond to Coronavirus Disease (COVID-19)

Protect yourself and your community from getting and spreading respiratory illnesses like coronavirus disease 2019. Everyone has a role to play in getting ready and staying healthy.

Practice everyday preventive 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 often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Always wash your hands with soap and water if your hands are visibly dirty.

Don't panic—but do prepare

- ✓ **Create an emergency contact list.** Ensure your household has a current list of emergency contacts for family, friends, neighbors, carpool drivers, health care providers, teachers, employers, the local public health department, and other community resources.
- ✓ **Identify aid organizations in your community.** Create a list of local organizations that you and your household can contact in the event you need access to information, health care services, support, and resources. Consider including organizations that provide mental health or counseling services, food, and other supplies.
- ✓ **Get to know your neighbors.** Talk with your neighbors about emergency planning. If your neighborhood has a website or social media page, consider joining it to maintain access to neighbors, information, and resources.
- ✓ **Stock up on nonperishable foods.** Think about adding enough nonperishable foods to your pantry to carry you through for a couple of weeks. The reason to stock up on certain products now isn't so much to avoid potential shortages in the event of an outbreak but to practice what experts call social distancing. Basically, you want to avoid crowds to minimize your risk of catching the disease.
- ✓ **Have an extended supply of medication.** Make sure you have access to several weeks of medications and supplies in case you need to stay home

Take Action

In case of an outbreak in your community, protect yourself and others:

- Stay home and speak to your healthcare provider if you develop fever, cough, or shortness of breath
- If you develop emergency warning signs for COVID-19 get medical attention immediately. In adults, emergency warning signs:
 - Difficulty breathing or shortness of breath
 - Persistent pain or pressure in the chest
 - Bluish lips or face
 - This list is not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.
- Keep away from others who are sick
- Limit close contact with others as much as possible (about 6 feet)

Precautionary items to include in a COVID-19 Preparedness Kit

- ☐ Hand sanitizer
- ☐ Hand soap
- ☐ Moist towelettes
- ☐ Toilet paper
- ☐ Tissues
- ☐ Chlorine Bleach
- ☐ Disinfectants
- ☐ First aid kit
- ☐ Can opener
- ☐ Water – at least a 2 week supply
- ☐ Food – nonperishable foods to carry you through for a couple of weeks (dry foods, can foods that contain liquid)
- ☐ Prescription medications – at least a 30 day supply (while many prescription drugs have quantity limits, you can ask your doctor to help you submit an exception form)
- ☐ Contact lenses and contact solution
- ☐ Hearing-aid batteries
- ☐ Over-the-counter medicines like pain relievers, cough and cold medicines, stomach remedies, vitamins, and fluids that contain electrolytes
- ☐ Feminine supplies
- ☐ Infant formula and diapers
- ☐ Pet food
- ☐ Extra batteries
- ☐ Hygiene items – toothbrush, soap, etc.
- ☐ Face mask (only for select groups: people in a region experiencing an outbreak, healthcare workers treating coronavirus patients, and anyone who experiences flu-like symptoms)
- ☐ Garbage bags
- ☐ Cell phone with chargers and a backup battery
- ☐ Books, games, puzzles or other activities to keep busy

