

GETTING READY FOR CORONAVIRUS

While the Center for Disease Control and Prevention (CDC) and the [World Health Organization](#) (WHO) are stressing that there's no need to panic regarding the outbreak of [COVID-19](#) (also known as the Coronavirus), the increase of confirmed cases in the United States has understandably elevated the level of public concern and awareness.

Currently, there isn't a whole lot of information about who is most susceptible to the virus. In the meantime, the CDC is advising the public to be cautious and prepare their homes in the event COVID-19 is spread throughout the community. The information below, courtesy of the [CDC](#), lists everything you should do to get your home and family ready for a Coronavirus outbreak, should one occur in your area.

PRACTICE GOOD PERSONAL HEALTH HABITS

- Limit close contact with others as much as possible (about 6 feet).
- 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.
- If surfaces are dirty, they should be cleaned using a detergent and water prior to disinfection.
- 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.
- Stay home from work, school, and all activities when you are sick with COVID-19 symptoms, which may include fever, cough, and difficulty breathing.

CREATE A HOUSEHOLD PLAN OF ACTION



Talk with the people who need to be included in your plan. Meet with household members, other relatives, and friends to discuss what to do if a COVID-19 outbreak occurs in your community and what the needs of each person will be.



Plan ways to care for those who might be at greater risk for serious complications. There is limited information about who may be at risk for severe complications from COVID-19 illness. From the data that are available for COVID-19 patients, and from data for related coronaviruses such as SARS-CoV and MERS-CoV, it is possible that older adults and persons who have underlying chronic medical conditions may be at risk for more serious complications. If you or your household members are at increased risk for COVID-19 complications, please consult with your health care provider for more information about monitoring your health for symptoms suggestive of COVID-19.



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.



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.

READ MORE FROM THE CDC [HERE](#).