



Plan and Prepare for COVID-19

- Update or create a home emergency operations plan and include contact information for your local public health department, hospital, your family doctors, and emergency contacts
- Identify space that can be used to separate sick people if needed.
- Develop an emergency communication plan for distributing timely and accurate information to family and friends
- Identify actions to take if you need to temporarily postpone or cancel events, programs, and services for your family
- Promote the practice of everyday preventive actions.
 - Frequently wash hands with soap and water for at least 20 seconds. If soap and water are not readily available use hand sanitizer with at least 60% alcohol.
 - Cover coughs and sneezes with a tissue or use the inside of your elbow.
 - Clean frequently touched objects and surfaces.
 - Stay home when sick.
- Purchase COVID-19 prevention supplies at (e.g., soap, hand sanitizer that contains at least 60% alcohol, tissues, trash baskets, and a couple of disposable facemasks, just in case someone becomes sick at your home).
- Talk to your employer about flexible attendance and sick-leave policies





Take Action

If there is COVID-19 in your community:

- Stay informed about local COVID-19 information and updates.
- Put your emergency operations and communication plans into action.
- Communicate with your family members if get togethers or events are changed, postponed, or cancelled.
- Emphasize everyday preventive actions through intensified communications with family, friends, and visitors
 - Stay home when sick.
 - Cover coughs and sneezes with a tissue or use the inside of your elbow.
 - Wash hands often.
 - Limit close contact with others as much as possible (about 6 feet).

Remember. . . PREPARE but don't PANIC

For more information, go to www.HygeiaPublicHealth.com or www.CDC.gov

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Adapted from "Get Your Organization Ready for COVID-19," Content source: [National Center for Immunization and Respiratory Diseases \(NCIRD\)](#), [Division of Viral Diseases](#)

