Preparing Your Household for a COVID-19 Outbreak

✓ Keep an adequate supply of water, food and pet food in your home. If you take prescription drugs, contact your health care provider about keeping an emergency supply at home.

✓ Meet with family, relatives, and friends to discuss possible needs in the event of an infectious disease outbreak.

✓ Join neighborhood information webpages or emails.

✓ Plan ways to care for people at higher risk - the very young, older people, people with chronic diseases or compromised immune systems.

✓ Choose a room in your home that could be used to separate family members who become sick.

✓ Create an emergency contact list of family members, friends, neighbors, health care providers, teachers, employers and others.

✓ Keep a working thermometer and medications, like decongestants, expectorants and ibuprofen or acetaminophen on hand.

✓ Know the preparedness plans of your children’s childcare, schools and/or colleges.

✓ Plan for childcare should schools temporarily close.

✓ Ask about your employers’ preparedness plans, including sick-leave policies and telework options.