



- Consider members of the household that may be at greater risk such as older adults and people with severe chronic illnesses.
- Create a list of local organizations that provide support and resources.
- Create an emergency contact list.
- Choose a room in your house that can be used to separate the sick.

Everyday Preventative Action:



- Wash your hands frequently
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue.
- Clean and disinfect frequently touched objects and surfaces.



In Case of a Local Outbreak:



- Stay home and speak to your healthcare provider if you develop fever, cough, or shortness of breath.
- Keep away from others who are sick
- Limit close contact with others as much as possible (about 6 feet).



Putting Your Plan into Action:



- Continue to practice everyday preventive actions.
- If someone in the household is sick, separate them into the prepared room.
- Follow recommended precautions and monitor your own health.
- Avoid sharing personal items.



For Those at a Higher Risk:



- Stay at home and away from crowds.
- Have access to several weeks of medications and supplies.
- Keep away from others who are sick and limit close contact with others.
- Practice good hand hygiene.

