



## Coronavirus Disease 2019 (COVID-19)

# Checklist to Get Ready

As a family, you can plan and make decisions now that will protect you and your family during a COVID-19 outbreak.

## Stay informed and in touch

- Get up-to-date information about local COVID-19 activity from public health officials
- Ask your neighbors what their plan includes.
- Create a list of local organizations you and your household can contact in case you need access to information, healthcare services, support, and resources.
- Create an emergency contact list including family, friends, neighbors, carpool drivers, healthcare providers, teachers, employers, the local public health department, and other community resources.

## Prepare for possible illness

- Consider members of the household that may be at greater risk such as [older adults and people with severe chronic illnesses](#).
- Choose a room in your house that can be used to separate sick household members from others.

## Take everyday preventive steps

- 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, then throw the tissue in the trash.
- [Clean and disinfect](#) frequently touched objects and surfaces Be prepared if your child's school or childcare facility is temporarily dismissed or for potential changes at your workplace.

[More prevention details](#)

## Watch for symptoms

- Stay home and speak to your healthcare provider if you develop any of these symptoms:
  - Fever or
  - Cough or
  - Shortness of breath
- If you develop emergency warning signs for COVID-19 get medical attention immediately
- Emergency warning signs include\*:
  - Trouble breathing
  - Persistent pain or pressure in the chest
  - New confusion or inability to arouse
  - Bluish lips or face

\*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

- Keep away from others who are sick
- Limit close contact with others as much as possible (about 6 feet)

## If someone in your home is sick

- Continue to practice [everyday preventive actions](#)
- Keep the ill person in a separate room from others in the household
- If [caring for a sick household member](#), follow recommended precautions and monitor your own health
- Keep surfaces disinfected
- Avoid sharing personal items
- If you become sick, stay in contact with others by phone or email
- Stay informed about the local outbreak situation
- Notify your work if your schedule needs to change
- Take care of the [emotional health](#) of your household members, including yourself

## Those at higher risk of severe illness

Take additional precautions for those at higher risk, particularly older adults and those who have severe underlying health conditions.

- Consider staying at home and away from crowds
- Make sure you have access to several weeks of medications and supplies in case you need to stay home
- When you go out in public, keep away from others who are sick and limit close contact with others
- Practice good hand hygiene

## Children

- Notify your child's school if your child becomes sick with COVID-19
- Keep track of school dismissals in your community
- Discourage children and teens from gathering in other public places

[More details for planning](#)

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