

CORONAVIRUS DISEASE (COVID-19) DON'T PANIC, PREPARE



To date, 80% of COVID-19 cases have been mild. However, **you should prepare for the likely increase of outbreaks throughout the U.S.** Just as you prepare when there is a bad weather forecast, or other emergencies you should prepare for the likely increase of COVID-19 outbreaks throughout the U.S. **Don't panic – but do prepare.**



HOW CAN I STAY HEALTHY?

Wash your hands as soon as you walk through the door. **Wash hands frequently or use hand sanitizer - make sure it contains at least 60% alcohol. Avoid touching your face, eyes and nose.** This will decrease your risk of contracting the virus by 30-50%. **Scrub your hands for at least 20 seconds** – sing the “Happy Birthday” song twice. **Cough into your elbow and be sure to throw out your used tissues,** since they might have virus particles on them.



SHOULD I STOCK UP ON FOOD AND MEDS?

Stock up on certain products now. Purchase nonperishable foods to carry you and your family for a couple of weeks. **Stock up on your go-to sickbed foods, like chicken or vegetable broth and crackers and hydrating drinks.** You want to avoid crowds to minimize your risk of catching the disease. If you take **daily medications, make sure you have enough to last a couple of weeks.** Also, have **fever reducers like acetaminophen or ibuprofen.**



ARE SPECIAL CLEANING SUPPLIES NEEDED?

We still don't know exactly how long COVID-19 can survive on surfaces. We know from other coronaviruses that most household cleansers – such as **bleach wipes or soap and water— will kill them. Thoroughly wipe down surfaces that are touched frequently.**



WHAT ABOUT FACE MASKS?

The science on whether it's helpful to wear a face mask out in public is mixed. It depends on what kind of mask you are wearing and whether you use it correctly. Talk to your doctor. **Experts agree that wearing a mask is a good idea if you are caring for a sick person or if you are sick, so you can reduce the chances that you'll infect others.**



WHAT TO DO ABOUT WORK?

If you are sick, you should stay home. If there is an outbreak in your community talk to your boss about your job and how that would impact your ability to do it.



WHAT'S THE PLAN IF YOU GET SICK

If you show early signs of illness – like a fever or a dry cough you should call your doctor's office but don't necessarily head straight to the emergency room or urgent care, where you might infect others. **Seek immediate help if you're having trouble breathing, or if you're dehydrated.**



DO YOU HAVE A PLAN FOR KIDS AND OLDER RELATIVES?

Start figuring out now what you would do if day care centers or schools start closing because of an outbreak. **Do you have a backup childcare plan in place?** Think about if an **out of town loved one gets sick.** How will you **get care for them?** It would be wise to reach out now to friends or neighbors who might be able to help in such situations.