

COVID-19:

PREVENTION AT HOME

The American Hospital Association recommends the following actions to help prevent the spread of coronavirus.

LIMIT THE SPREAD OF GERMS AND INFECTION

- Create an emergency contact list of family members, friends, neighbors, health care providers, teachers, employers and others.
- Identify community organizations that may be able to help if you need information, health care services, support or other resources.
- Keep a room, and a bathroom if possible, in your home that could be used to separate family members who become sick.
- Plan for child care in case schools close temporarily.
- Ask employers about their preparedness plans, including sick leave and options to work remotely.
- Learn the preparedness plans of your children's child care facilities, schools and colleges.
- Prepare for cancellation or disruptions in public transportation services.
- Prepare to cancel or postpone attendance at large events, including sporting events, conferences and worship services.
- If you care for older adults or children, plan and prepare to care for them, should either you or they become sick.
- Prepare to avoid large crowds and cancel nonessential travel.

KEEP FAMILY AND FRIENDS HEALTHY

- Create an emergency contact list of family members, friends, neighbors, health care providers, teachers, employers and others.
- Identify community organizations that may be able to help if you need information, health care services, support or other resources.
- Keep a room, and a bathroom if possible, in your home that could be used to separate family members who become sick.
- Plan for child care in case schools close temporarily.
- Ask employers about their preparedness plans, including sick leave and options to work remotely.
- Learn the preparedness plans of your children's child care facilities, schools and colleges.
- Prepare for cancellation or disruptions in public transportation services.
- Prepare to cancel or postpone attendance at large events, including sporting events, conferences and worship services.
- If you care for older adults or children, plan and prepare to care for them, should they or you become sick.
- Prepare to avoid large crowds and cancel nonessential travel.

GET YOUR HOUSEHOLD READY

- Keep an adequate supply of water, food and pet food in your home.
- Talk to your health care provider, pharmacist or insurance provider about getting an emergency supply of prescription drugs to keep at home.
- Get a working thermometer and respiratory medications, such as decongestants, expectorants and analgesics (ibuprofen and pain relievers).
- Talk to immediate family, relatives and friends about each other's possible needs in the event of an outbreak.
- Talk to neighbors about planning. Join neighborhood information websites or emails.
- Plan ways to help and care for people at higher risk, including the very young, older people, people with chronic disease and those people with compromised immune systems.

RESOURCES

www.cdc.gov

What to Do if You Are Sick:

https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fsteps-when-sick.html

Interim Infection Prevention Guidance for Suspected COVID-19 Cases:

https://www.cdc.gov/coronavirus/2019-ncov/infection-control/control-recommendations.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fhcp%2Finfection-control.html

Red Cross COVID-19 Preparedness: <https://www.redcross.org/about-us/news-and-events/news/2020/coronavirus-safety-and-readiness-tips-for-you.html>

Dayton Daily News: <https://www.daytondailynews.com/news/local/coronavirus-checklist-here-what-experts-say-you-can-prepare-for-outbreak/WeqoWqEr5ZLtULDm9qQjtL/>



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