

COVID-19: How Can I Be Prepared?

Preparedness Checklist

You can prepare for COVID-19 spreading in your community by making an emergency plan of action. For more information, visit :

www.cdc.gov and www.ready.org/plan.



Health Dept./Home Health
Prevent. Promote. Protect.

- Follow Doniphan Co. Health Dept./Home Health's and CDC's social media and web-site page to stay up-to-date on current COVID-19 information
- Talk with loved ones about how they would be cared for if they get sick, and what will be needed to care for them at home.
- Discuss alternate care plans for individuals with disabilities others who may be at greater risk for serious complications, such as individuals with compromised immune systems.
- Get to know your neighbors. Talk with them about preparedness and consider joining a neighborhood website or social media page to stay connected.
- Identify organizations in your community that can offer assistance.
- Make a list of emergency contacts and share with your family.
- Talk with your healthcare provider about keeping an emergency supply of medications at home.
- Gather extra medical and health supplies such as soap, hand sanitizer, fever medicines, thermometers, and tissues that will last up to two weeks.
 - Surgical masks are not effective in preventing the infection and are not recommended by the CDC.
- Store a two week supply of food and water.
- Practice and teach everyday preventative actions now, such as:
 - *Stay home when you are sick*
 - *Cover your coughs and sneezes*
 - *Avoid contact with those who are sick*
 - *Wash your hands thoroughly with soap and water*
 - *Clean frequently touched surfaces*
 - *Get plenty of rest*
 - *Drink plenty of fluids*
 - *Eat healthy foods*
 - *Manage your stress levels*
- Choose a room in your home that can be used to separate sick household members from those who are healthy.
- Learn about the emergency operations plan at your child's school or child care facility and understand the local school district's plan for continuing education and social services during dismissals.
- Make plans for alternative arrangements for yourself and/or your child in the case of a school, childcare facility, or university shutdown.
- Discuss sick leave policies and telework options with your employer in case you become ill or need to stay home to care for a sick household member.
- Join the emergency planning team at your workplace (if applicable).

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