



## Checklist to Get Ready for COVID-19

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Follow the following guidance from the Centers for Disease Control and Prevention (CDC) to prepare yourself and your loved ones for the COVID-19 outbreak.

Create a household plan:

- Talk with everyone who needs to be included in your plan** – What are everyone's needs? What is everyone's role?
- Plan ways to care for those who might be at greater risk** – This could include older adults and people with chronic medical conditions
- Get connected with local resources** – Create a list of local organizations that are providing services and updated information (ex. food services, mental health or counseling providers, etc.)
- Create an emergency contact list** – Organize a list of emergency contacts with family, friends, neighbors, employers, health care providers, etc.
- Stock up on some supplies** – This includes prescribed and over the counter medication

Practice good personal health habits

- Wash, wash, wash your hands! And wash them again** – Scrub for at least 20 seconds
- Cover your cough and sneezes** – COVID-19 spreads through respiratory droplets
- Avoid touching your eyes, nose, and mouth**
- Put distance between yourself and others** – The CDC recommends at least 6 feet
- Stay home when you are sick, except to get medical care** – Symptoms of COVID-19 may include fever, a cough, and difficulty breathing
- Clean frequently touched surfaces and objects at least once a day** – This includes tables, countertops, light switches, doorknobs, cabinet handles, wheelchairs and walkers
- Choose a room in your house to separate a sick household member if possible**

Stay connected:

- Stay informed about the local COVID-19 situation** – Check Multnomah County's webpage
- Stay in touch with others by phone or email** – Check in with loved ones, especially those who live alone or have chronic medical conditions and may need assistance
- Take care of the emotional health of yourself and other community members** – Dealing with this outbreak can be very overwhelming; it is important to check in with each another

Protect your family:

- Learn about the emergency plans at your child's school or childcare facility and when they will reopen** – Some schools and local organizations are providing free meals for children
- Discourage your children from gathering in public spaces**
- Seek medical attention if they start to show COVID-19 symptoms**
- Talk with your children about the outbreak** – Try to stay calm, explain what is going on, and reassure them that they are safe

Changes at your workplace:

- Stay informed about your employer's emergency plan** – What are the policies on sick-leave? Are there telework options?
- Notify your workplace if your schedule changes** – This includes sick time if you or someone in your household get sick with COVID-19 symptoms