# COVID-19 Facts: Protect Your Family

Make a Plan

It's important to have a household plan of action in case you or your family members get sick or your daily routine is disrupted because of COVID-19. Take steps to protect the health of you and your family during an outbreak:

- Have a two-week supply of prescription and over-the-counter medications, food, and other essentials.
- Find ways to keep in touch with others while practicing <u>social distancing</u>. Social distancing does not mean social isolation. Find ways to stay in touch with family and friends through phone, email, or video chat.
- Talk with your supervisor about working from home, look into childcare alternatives, and what to do if events are cancelled.
- Review emergency operation plans for schools and workplaces for all household members.
- Plan ways to care for family members who might be at a greater risk for serious complications of COVID-19, including older adults and those with severe chronic medical conditions.
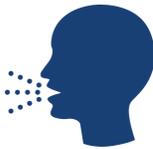
Know the Signs and Symptoms of COVID-19

The following symptoms may appear 2-14 days after you are exposed to the virus:
- Fever
- Cough
- Shortness of breath

If you have these symptoms, call your doctor's office. Limit visitors and your movement in the community.

Protect Yourself and Others

Follow everyday preventive measures:

- Avoid close contact with people who are sick.
- Stay home when you are sick, except to get medical care.
- Wash your hands regularly for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Cover your coughs and sneezes with a tissue.
- Keep a personal radius of six feet around yourself.
- Stay at home as much as possible. Cancel events and avoid groups, gatherings, playdates, and nonessential appointments.
- Clean frequently touched surfaces and objects daily (e.g., tables, counter tops, light switches, doorknobs, and cabinet handles). See CDC's recommendations for household cleaning and disinfection.

Manage Anxiety and Stress

Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger. Try to:

- Take a break from the news, including social media.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Talk with people you trust. Explain your concerns and how you are feeling.