Preparing Your Household for Coronavirus (COVID-19) Checklist

Creating a household plan can help protect your health and the health of those you care about in the event of a coronavirus outbreak in your community. Use this checklist below to guide you as you prepare your home and family.

❑ Create your plan and talk with the people who need to be included in your plan. Include family members, neighbors and employers. Consider ways to care for those who may be at greater risk for serious complications.

❑ Create an emergency contact list. Include the people in your plan as well as local government agencies and aid organizations.

❑ Stay informed about any local updates and follow any Stay at Home or Shelter in Place mandates.

❑ Stay healthy and limit exposure to coronavirus by staying at home when you are sick and avoiding contact with those who are sick.

❑ Prevent spreading germs by washing your hands often with soap and water for at least 20 seconds, or use hand sanitizer if soap is not readily available.

❑ Clean frequently touched surfaces and objects daily using a regular household detergent and water.* Clean dirty surfaces using a detergent and water prior to disinfection.*

❑ If you are sick or exhibiting symptoms associated with the coronavirus, contact your doctor for guidance. Try to self-isolate in a room separate from the rest of your household and avoid direct contact with others.

❑ Stay connected with others by phone or email. Check on loved ones that are alone.

❑ Take care of your mental and emotional health and that of your household members. Prevent information overload by limiting exposure to the news and social media. Call a loved one or a mental health resource center if you feel you are struggling.

❑ Stay healthy by trying to eat nutritious foods and going for walks while maintaining social distancing guidelines.

❑ Help your child/children cope during and after the outbreak.

*Always follow the manufacturer's instructions for all cleaning and disinfection products.