

REMAIN CALM, RELY ON THE FACTS AND BE PREPARED.

## BEFORE A COVID-19 OUTBREAK OCCURS IN YOUR COMMUNITY



Plan ahead and be ready. Have a plan if you or a family member becomes sick.



Speak to your family members and create a household plan of action. Discuss the needs of each person will be.



Plan for home-based actions. This includes having enough household items and groceries on hand so that you will be prepared to stay at home for a period of time.



Practice good personal health habits



Be prepared if your child's school or childcare facility is temporarily dismissed



Plan for potential changes at your work place



Plan ways to care for those who might be at greater risk for serious complications. Specifically older adults, those with a compromised immune system or who have serious chronic medical conditions like Heart disease, Diabetes and Lung disease.