

Household COVID-19 Plan

Below are preventive actions that you can use to develop your COVID-19 Household Plan. For additional information, please look at your local Public Health Department or the United States Centers for Disease Control and Prevention (CDC) for additional guidelines. Remember that the basic, fundamental protocols are the best to help keep you healthy and safe through the rest of this pandemic.

Remind everyone in your household to:

- Limit close contact with others – always maintain 6 feet distance between you and others from outside your household.
- Avoid close contact with people who are sick.
- Stay home when you are sick – regardless of your symptoms.
- If you are not feeling well, stay away from others – including those in your household.
- Always cover your cough and sneeze with a tissue.
- Clean, using household detergent and water, and disinfect frequently touched surfaces and objects daily. This includes:

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|--|--|--|
| <input type="checkbox"/> Tables | <input type="checkbox"/> Countertops | <input type="checkbox"/> Light switches |
| <input type="checkbox"/> Doorknobs | <input type="checkbox"/> TV remote control | <input type="checkbox"/> Computer keyboard and mouse |
| <input type="checkbox"/> Cabinet handles | <input type="checkbox"/> Toilet handle | <input type="checkbox"/> Cell phone |

- Wash your hands often with soap and warm water for at least 20 seconds. Always be sure to wash your hands:
 - After using the restroom
 - Before eating
 - After blowing your nose, coughing, or sneezing

If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.

- Limit nonessential errands – Stay home as much as possible.
- Plan meals in advance to limit trips to the grocery store.
- Create a cleaning kit to leave in your car for trips and errands.
- Keep hand sanitizer in your car and use it after you are outside of your car each time.
- Limit gatherings with family and friends who do not live with you.
- Find other solutions to keep in touch with family and friends (Zoom, FaceTime, etc)
- Spend time outside, benefits to sunlight includes reduced stress, improved mood, and sleep improvement by creating melatonin.
- Go for regular family walks
- Start a family Fitness Challenge

During a COVID-19 Outbreak in Your Community

- Stay home when you are sick with COVID-19 symptoms, which may include fever, cough, and difficulty breathing. For a complete list of possible symptoms, visit www.cdc.gov
- Keep away from others who are sick.
- Get up-to-date information about COVID-19 from your health officials.
- Discourage children from gathering in public places while school is dismissed to help slow the spread of COVID-19 in the community.
- Stay in touch with family and friends with chronic medical conditions.
- Talk with your children about the outbreak to reassure them that they are safe.
- Continue practicing everyday preventive actions – proper hygiene, social distancing, face covers when outside of your home.

What to Do if You or Someone in Your Household Contracts COVID-19

- [Call your doctor](#). **Do not** go to the doctor's office.
- Ask to work from home or take leave if you or someone in your household gets sick with COVID-19 symptoms. Discuss with your Human Resources Partner regarding benefits available to you during the pandemic.
- If your child becomes sick with COVID-19, notify their school. You need to stay home as well and notify your supervisor.
- Choose a room and a bathroom in your home that can be used to separate sick family members from those who are healthy.
- Avoid sharing personal items (TV remote, phone, food, and drinks).
- Have your sick family member wear a disposable facemask to help prevent spreading COVID-19 to others.
- Clean and disinfect the sick family member's room and bathroom, as needed.
- Stay in touch with others by phone or email. If you live alone and become sick, you may need help.
- If you have a chronic medical condition and live alone, ask family, friends, and health care providers to check on you.
- Take care of the emotional health of your family members.

Additional COVID-19 Household Plan Information

CDC – <https://www.cdc.gov/>

World Health Organization – <https://www.who.int/>