

# COVID-19: Get Your Household Ready

Guide to help household  
members plan for  
community transmission



\*All information sourced from the CDC - design by Expy Health

# Create a household plan of action



Create an emergency contact list.



Get to know your neighbors.



Talk with the people who need to be included in your plan



Identify aid organizations in your community.



Plan ways to care for those who might be at greater risk for serious complications.



Consult with your health care provider for more information about monitoring your health for symptoms

# Practice good personal health habits and plan for home-based actions



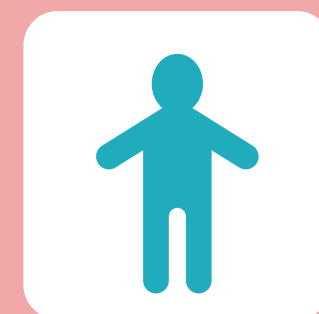
## Practice everyday preventive actions now

- Avoid close contact with people who are sick.
- Stay home when you are sick, except to get medical care.
- Cover your coughs and sneezes with a tissue.
- Clean frequently touched surfaces and objects daily
- Wash your hands often with soap and water for at least 20 seconds



## Choose a room in your home that can be used to separate sick household members from those who are healthy

- Identify a separate bathroom for the sick person to use, if possible. Plan to clean these rooms, as needed, when someone is sick



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



Learn about the emergency operations plan at your child's school or childcare facility.

During a COVID-19 outbreak in your community, local public health officials may recommend temporary school dismissals to help slow the spread of illness. School authorities also may decide to dismiss a school if too many students or staff are absent. Understand the plan for continuing education and social services (such as student meal programs) during school dismissals. If your child attends a college or university, encourage them to learn about the school's plan for a COVID-19 outbreak.

# Plan for potential changes at your workplace



Learn about your employer's emergency operations plan.

Discuss sick-leave policies and telework options for workers who are sick or who need to stay home to care for sick household members. Learn how businesses and employers can plan for and respond to COVID-19.

## During an outbreak in your community, protect yourself and others by:

- Staying home from work, school, and all activities when you are sick with COVID-19 symptoms, which may include fever, cough, and difficulty breathing.
- Keeping away from others who are sick.
- Limiting close contact with others as much as possible (about 6 feet).



# Put your household plan into action



Stay informed about the local COVID-19 situation.



Stay home if you are sick.



Continue practicing everyday preventive actions.



Stay in touch with others by phone or email.



Take care of the emotional health of your household members.



Use the separate room and bathroom you prepared for sick household members (if possible).

# Inform your workplace if you need to change your regular work schedule



Notify your workplace as soon as possible if your schedule changes.

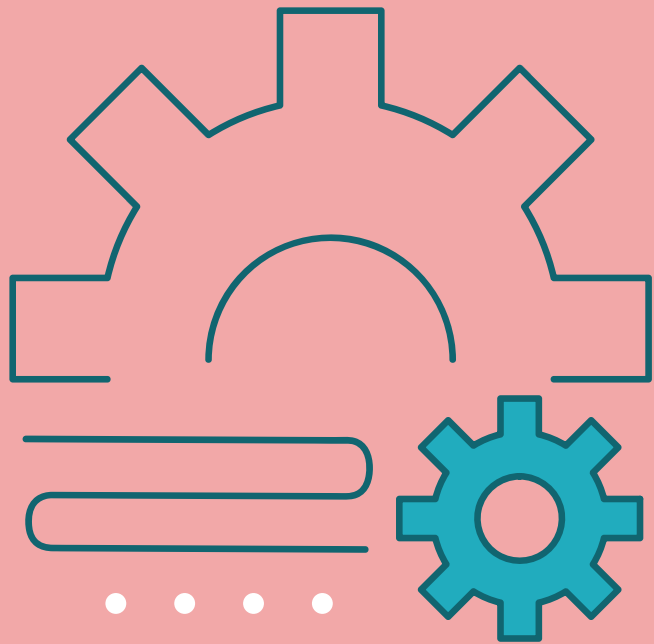
Ask to work from home or take leave if you or someone in your household gets sick with COVID-19 symptoms, or if your child's school is dismissed temporarily.



# Take the following steps to help protect your children during an outbreak

- If your child/children become sick with COVID-19, notify their childcare facility or school.
- Keep track of school dismissals in your community.
- Discourage children and teens from gathering in other public places while school is dismissed to help slow the spread of COVID-19 in the community.





## Resources

- For more information, see CDC guidance for getting your household ready: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/get-your-household-ready-for-COVID-19.html>
- For more information about Expy Health & digital healthcare solutions, visit: [expyhealth.com](https://expyhealth.com)