

Help prevent the spread of respiratory viruses like COVID-19 and flu.

## What are the symptoms?



**Fever**



**Cough**



**Shortness of breath**

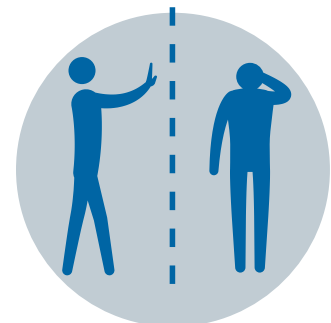
## How is it prevented?



**Wash hands often**



**Avoid touching eyes,  
nose or mouth with  
unwashed hands**



**Avoid contact  
with sick people**



**Stay home while you are  
sick; avoid others**



**Cover mouth/nose with  
a tissue or sleeve when  
coughing or sneezing**



**Clean and disinfect  
frequently touched  
objects and surfaces**

## CREATE A HOUSEHOLD PLAN OF ACTION

### SHARE THE PLAN OF ACTION

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

**Identify** community resources.

Create an **emergency contact list**.

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

### HEALTHY HABITS

Practice everyday preventive actions **now**.

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

### SCHOOL OR WORKPLACE

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

Learn about **your** employer's emergency operations plan.

### BE READY AND PREPARE

Store a **two week supply of water and food**.

**Check your regular prescription drugs** to ensure a continuous supply in your home.

**Have any nonprescription drugs and other health supplies on hand**, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.

**Get copies and maintain electronic versions of health records** from doctors, hospitals, pharmacies and other sources and store them.

**Talk with family members** and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.

### TURN YOUR PLAN TO ACTION

**Stay home** if you are sick.

Continue practicing **everyday preventive actions**.

**Use the separate room** and bathroom you prepared for sick household members.

Stay in touch with others by **phone or email**.

Take care of the **emotional health** of your household members.

**Stay informed** about local COVID-19 activity.

### WORK SCHEDULE

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

### PROTECT YOUR CHILDREN

If your child/children become sick with COVID-19s, **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**.