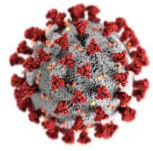


Coronavirus Disease 2019 (COVID-19) Preparing Begins at Home



Prepare at Home – practical things you can do at home that will help you get prepared

- Groceries – have enough groceries on hand to last up to two weeks. Stock up on canned goods, nonperishable food, food that can be frozen as well as soups and crackers in case you get sick.
- If you have kids – stock up on diapers, wipes, and baby food for the kids.
- Prescription medications – have a 2 week supply if possible.
- Stock up on personal hygiene items (soap, deodorant, feminine hygiene supplies etc.).
- Don't forget your pets. Fill pet prescriptions. Stock up on pet food and supplies.
- Do you have an adequate supply of over-the-counter medications (ibuprofen or "Advil", aspirin, acetaminophen or "Tylenol")?
- In case you or a household member gets sick – Gatorade and Pedialyte for kids (though kids don't seem to be as vulnerable to COVID-19)
- Cleaning supplies – bleach or alcohol wipes. Soap and water also works to clean surfaces.

Personal Protection – what you can do to keep yourself, your family/household members, and your co-workers healthy

- Stay home if you are sick.
- Cover your cough and sneezes with your elbow or a tissue. Avoid touching eyes, nose and mouth.
- Wash your hands for a minimum of 20 seconds with soap and water after coughing, sneezing, using the bathroom, or eating.
- Clean objects that are touched frequently with household soap and water or disinfecting wipes.
- Get a flu shot.

If someone in your household gets sick

- Call your doctor's office if you develop a fever or dry cough. Do not go straight to the emergency room or urgent care so you do not infect others. Your doctor may be able to discuss what you should do over the phone.
- If you are having trouble breathing or become dehydrated, call your doctor or 911 so they can alert and prepare the emergency room if you do need to go to the hospital.
- Separate a sick household member from those who are healthy. If possible, have the sick person use a separate bathroom.
- Try to limit close contact (about 6 feet) with someone who is sick.
- Check with work about the possibility of working from home.

For more information, visit the following websites:

Massachusetts Department of Public Health: www.mass.gov/2019coronavirus

Centers for Disease Control and Prevention - CDC: www.cdc.gov/COVID19

