Get Ready for COVID-19 Now

Especially if you are High Risk

- **Have supplies on hand**
  - Contact your healthcare provider to ask about obtaining *extra necessary medications to have on hand in case there is an outbreak of COVID-19* in your community and you need to stay home for a prolonged period of time.
  - If you cannot get extra medications, consider using mail-order for medications.
  - Be sure you have *over-the-counter medicines and medical supplies (tissues, etc.) to treat fever and other symptoms*. Most people will be able to recover from COVID-19 at home.
  - Have enough *household items and groceries on hand* so that you will be prepared to stay at home for a period of time.

- **Take everyday precautions**
  - Avoid close contact with people who are sick
  
    1. Clean your hands often
    2. Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place.
    3. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
    4. To the extent possible, avoid touching high-touch surfaces in public places – elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
    5. Wash your hands after touching surfaces in public places.
    6. Avoid touching your face, nose, eyes, etc.
    7. Clean and disinfect your home to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones)

- **Avoid crowds**, especially in poorly ventilated spaces. Your risk of exposure to respiratory viruses like COVID-19 may increase in crowded, closed-in settings with little air circulation if there are people in the crowd who are sick.
• If COVID-19 is spreading in your community, **take extra measures to put distance between yourself and other people**
  o **Stay home as much as possible.**
    • If you are high risk, consider ways of getting food brought to your house through family, social, or commercial networks
• **Have a plan for if you get sick:**
  o **Consult with your health care provider for more information about monitoring your health for symptoms suggestive of COVID-19.**
  o Stay in touch with others by phone or email. You may need to ask for help from friends, family, neighbors, community health workers, etc. if you become sick.
  o Determine who can provide you with care if your caregiver gets sick

**Watch for symptoms and emergency warning signs**

• Pay attention for potential COVID-19 symptoms including, **fever, cough, and shortness of breath. If you feel like you are developing symptoms, call your doctor.**
• If you develop **emergency warning signs for COVID-19** get medical attention immediately. In adults, emergency warning signs*:
  o **Difficulty breathing or shortness of breath**
  o **Persistent pain or pressure in the chest**
  o **New confusion or inability to arouse**
  o **Bluish lips or face**

*This list is not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.