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Preparation/Prevention

- Practice good personal health habits and plan for home-based actions
- Be prepared if your child's school or childcare facility is temporarily dismissed
- Plan for potential changes at your workplace

Identify aid organizations in your community. Create a list of local organizations that you and your household can contact in the event you need access to information, health care services, support, and resources. Consider including organizations that provide mental health or counseling services, food, and other supplies.

Create an emergency contact list. Ensure your household has a current list of emergency contacts for family, friends, neighbors, carpool drivers, health care providers, teachers, employers, the local public health department, and other community resources.

Practice everyday preventive actions now

Remind everyone in your household of the importance of practicing everyday preventive actions that can help prevent the spread of respiratory illnesses:

- Avoid close contact with people who are sick.
- Stay home when you are sick with a fever > 100.0 or multiple symptoms, except to get medical care.
- Cover your coughs and sneezes with a tissue or cough and sneeze into your sleeve and wash hands afterward.
- Clean frequently touched surfaces and objects daily (e.g., tables, countertops, light switches, doorknobs, and cabinet handles) using a regular household detergent and water.
- If surfaces are dirty, they should be cleaned using a detergent and water prior to disinfection.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 70% alcohol. Always wash your hands with soap and water if your hands are visibly dirty.