

COVID-19: Preventative measures

Preparing for an outbreak in your community

A COVID-19 outbreak could last for a long time in your community. Creating a household plan can help protect your health and the health of those you care about in the event of an outbreak of COVID-19 in your community.



Talk with the people who need to be included in your plan. Meet with household members, other relatives, and friends to discuss what the needs of each person will be.



Plan ways to care for those who might be at greater risk for serious complications, such as older adults and persons who have underlying chronic medical conditions.



Get to know your neighbors and talk with them about emergency planning. If your neighborhood has a website or social media page, consider joining it.



Identify aid organizations in your community that you can contact in the event you need access to information, health care services, support, and resources.



Create an emergency contact list for your household for family, friends, neighbors, health care providers, the local public health department, etc.



Practice everyday preventive actions now. This includes avoiding close contact with people who are sick, staying home when you are sick, covering your coughs and sneezes, cleaning/disinfecting frequently touched surfaces, and washing your hands.



Choose a room in your home that can be used to separate sick household members from those who are healthy. Plan to clean these rooms when someone is sick.

For more information, visit:

www.cdc.gov/coronavirus/2019-ncov

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<http://go.ncsu.edu/covid-19>

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EXTENSION