



STOP THE SPREAD OF GERMS



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

What are the symptoms?



Fever



Cough



Shortness of breath

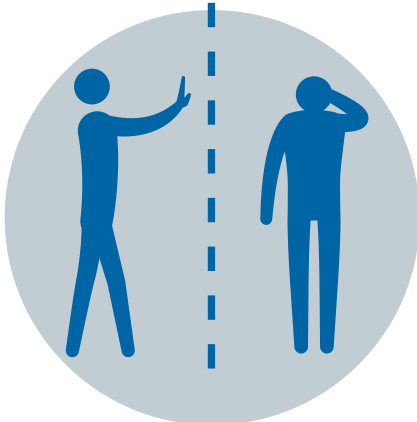
How is it prevented?



Wash hands often



Avoid touching eyes, nose or mouth



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



Get Your Household Ready



CREATE A HOUSEHOLD PLAN OF ACTION

SHARE THE PLAN OF ACTION

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

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

Identify Community Resources

Create an **emergency contact list**.

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.

TURN YOUR PLAN TO ACTION

Stay informed about the local COVID-19 situation.

Stay home if you are sick.

Continue practicing **everyday preventive actions**.

Use the separate room and bathroom you prepared for sick household members (if possible).

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

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

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**.