

Who Should Plan for Coronavirus (COVID19)?



You should! At the CG Public Health, we are preparing for a variety of disasters. Whether it's a natural disaster such as a flood or a tornado, or a man-made incident such as bioterrorism, we are planning ahead to prepare our residents. Our planning alone is not enough. It's critical that citizens also plan ahead for their own personal and family needs, too.

PUBLIC HEALTH
healthier together

We treat a potential pandemic (a disease happening across the country or over the world) with the same importance as any other emergency. That's why we have taken steps to help you prepare for a possible pandemic. Even if a pandemic does not happen this year or next year, by taking some simple precautionary steps that we will outline for you, you will be able to better protect yourself and your family for any disaster. Emergency planning just makes sense.

The Importance of Planning

As you plan, it's important to think about the challenges you might face. The following are some situations that could be caused by a pandemic, with possible solutions to consider.

Usual services may be disrupted — This could include hospitals, clinics and other health care facilities as well as banks, stores, restaurants, government offices, and post offices. Prepare backup plans in case public gatherings, such as worship services, are canceled. Consider how to care for people with special needs in case the services they rely on are not available.

Schools May Be Closed for an Extended Period of Time — Help schools plan for a pandemic. Talk to your teachers, administrators, school nurses and parent-teacher organizations. Plan home learning activities and exercises. Have materials, such as books, on hand. Plan recreational activities that your children can do at home. Consider childcare needs.



Transportation Services May Be Disrupted — Think about how you can rely less on public transportation during a pandemic. Prepare backup plans for taking care of loved ones who are far away. Consider other ways to get to work, or, if you can, work at home. Also, we encourage you to store food and other essential supplies so you can make fewer trips to the store (see *recommended checklist on page 3*).

Your Place of Work — Think about what information the people in your workplace will need. This may include information about insurance, leave policies, working from home, possible loss of income, and not to come to work if sick. (A Business Pandemic Influenza Planning Checklist is available at <https://www.cdc.gov/flu/pandemic-resources/pdf/businesschecklist.pdf>). Meet with your colleagues and make lists of things that you will need to know and what actions can be taken. Find support systems—people who are thinking about the same issues you are thinking about. Share ideas.

Get Informed — Knowing the facts is the best preparation. Reliable, accurate, and timely information is available from the CG Public Health website at www.cghealth.com.

How can I protect my Family from the Spread of COVID 19?

General Infection Control Measures You Should Follow:

- Stay home when you are sick (even if it seems like a mild illness).
- Wash your hands often with soap and water for at least 20 seconds (the same time it takes to sing the “happy birthday” song twice).
- Use alcohol-based hand sanitizers that contain at least 60% alcohol IF soap and water are not available.
- Avoid touching your eyes, nose and mouth, especially with unwashed hands.
- Avoid close contact with people who are sick.
- Cover your mouth with your upper arm or tissue when coughing and sneezing, then wash your hands.
- Disinfect frequently touched objects/surfaces with household cleaning sprays. See list of Approved Disinfect Cleaners below.



Additional Efforts You Can Take:

- Follow instructions and guidance from Public Health in the event of community spread.
- Make a plan and discuss it with your family. What would you do if you can't go to work, or your children are unable to go to school/childcare due to illness or community spread?
- Create an emergency plan contact list. See last page.
- Have extra supplies of household disinfect, soap, hand sanitizer and tissues available.
- Make sure to fill any prescriptions you regularly take.
- If you or a family member become ill:
 - o Choose a room in your home that can be used to separate ill household members from those that are healthy.
 - o Develop a plan on how you will obtain groceries (page 3).
- Stop with handshakes.

Symptoms of COVID19:

- Fever
- Cough
- Shortness of breath
 - o Symptoms may appear in as few as 2 days or as long as 14 days. Reported illness range from little to no symptoms to severe illness and death.

Additional Resources:

- Frequently Asked Questions:
<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>
- International Travel Guidance:
<https://wwwnc.cdc.gov/travel/notices/warning/novel-coronavirus-china>
- Approved Disinfectant Cleaners:
<https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf>
- What to do if you are sick with COVID19:
<https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>

Emergency Plan Checklist

During a pandemic you may not be able to get to a store. Even if you can get to a store, it may be out of supplies. Use this checklist for pandemic planning. It's also useful in other types of emergencies, such as power outages and disasters. Store foods that are nonperishable (will keep for a long time) and don't require refrigeration, are easy to prepare in case you are unable to cook and require little or no water, so you can conserve water for drinking.

Food & Non-Perishable Items

- Ready to eat canned meats, fruits, vegetables, & soups
 - Meats: chicken, tuna, salmon, SPAM, summer sausage, etc.
 - Fruits: pineapple, mixed fruit, peaches, pears, etc.
 - Vegetables: green beans, peas, corn, asparagus, etc.
 - Soups: stew, chili, chicken noodle, beef noodle, tomato, creams, etc.
- Powdered Milk
- Protein or fruit bars
- Dry cereal, granola, oatmeal, etc.
- Dried fruit, peanut butter, nuts, raisins, trail mix
- Canned pastas (such as Ravioli)
- Dry pasta packages, Ramen noodles
- Crackers/Cookies
- Canned Juices
- Spaghetti sauce (jarred or canned)
- Canned dry drink mixes: Kool-Aid, Crystal Light, Mio, Hot Chocolate, instant coffee
- Bottled Water
- Pancake or Waffle mix (one step)
- Canned or jarred baby food and formula
- Flour, sugar, salt, pepper
- Pet Food



As you stock your pantry with these items, it's a good idea to rotate food items out of "emergency storage" and into your daily meals. (First in, first out!) Restock your pantry according to expiration dates.

Don't forget to plan for pets!

Medical, Health, & Emergency Supplies

- Prescription & non-prescription medications (pain reliever, cold medicine, allergy)
- Prescribed medical supplies (glucose & blood pressure monitoring equipment)
- Soap or alcohol-based hand wash
- Fever medication for adult and/or children (acetaminophen, ibuprofen, aspirin)
- Thermometer
- Anti-diarrheal medication
- Vitamins
- Fluids with electrolytes (Gatorade, PowerAde, Pedialyte)



Miscellaneous Supplies

- Cleansing agents/soaps (body soap, laundry soap, shampoo, dish soap)
- Flashlight with batteries
- Portable radio with batteries
- Manual can opener
- Garbage bags, paper plates, plastic utensils
- Tissues, toilet paper, disposable diapers, tampons, toothpaste & floss
- Candles & Matches



Create a family emergency health plan, using this form. This is helpful in preparing for all types of emergencies, including COVID-19.

FAMILY EMERGENCY PLAN	
Home Phone:	
Home Address:	
HOUSEHOLD INFORMATION:	
Family Member Name:	
Cell Phone:	
Other Phone (Work, Daycare):	
Email:	
Important Medical or other information:	
Family Member Name:	
Cell Phone:	
Other Phone (Work, Daycare):	
Email:	
Important Medical or other information:	
Family Member Name:	
Cell Phone:	
Other Phone (Work, Daycare):	
Email:	
Important Medical or other information:	
Family Member Name:	
Cell Phone:	
Other Phone (Work, Daycare):	
Email:	
Important Medical or other information:	
IMPORTANT NUMBER OR INFORMATION	
Police (Dial 911) OR:	
Fire (Dial 911) OR:	
Poison Control:	
Doctor:	
Doctor:	
Pediatrician:	
Dentist:	
Hospital/Clinic:	
Pharmacy:	
Medical Insurance:	
Policy Number:	
Homeowner/Rental Insurance:	
Policy Number:	
Veterinarian:	
Kennel:	
Electric Company:	
Gas Company:	
Water Company:	