

COVID-19 Facts: Protect Your Family



Make a Plan

Create a household plan of action in case of illness or disruption of daily activities due to COVID-19 in the community. Take steps to protect the health of you and your family during an outbreak:

- Consider having a two-week supply of prescription and over-the-counter medications, food, and other essentials on hand.
- Establish ways to communicate with others while practicing social distancing.
- Establish plans to telework, what to do about child care needs, and how to adapt to cancellation of events.
- Review emergency operation plans for schools and workplaces for all household members.
- Know what additional measures should be taken by those vulnerable and at high risk and identify those family members.



Know the Signs and Symptoms of COVID-19

The following symptoms may appear 2-14 days after exposure:

- Fever
- Cough
- Shortness of breath

If you exhibit these symptoms, call your health care provider's office in advance of a visit. Limit visitors and your movement in the community.



Protect Yourself

Implement everyday personal protective measures:

- Wash your hands regularly for at least 20 seconds.
- Cover your nose and mouth when you cough or sneeze.
- Keep a personal radius of six feet around yourself.
- Limit your nonessential travel and social gatherings.
- Regularly clean and disinfect commonly used surfaces and objects.



Manage Anxiety and Stress

Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger. Try to:

- Take breaks from watching, reading, or listening to news stories, including on social media.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals; exercise regularly; get plenty of sleep; and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Talk with people you trust about your concerns and how you are feeling.

