

# What should you do regarding CoronaVirus (Corvid19)?

**Follow normal Public Health guidelines for Seasonal Influenza and Be Prepared for any Disaster!**

## **Before a Disease Outbreak**

- Have nonprescription medicine and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- Get copies and maintain electronic versions of health records from doctors, hospitals, pharmacies and other sources and store them, for personal reference.
- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.

## **Before any Emergency Event**

- Store at least a two week supply of water, food and other household goods.
- Periodically check your regular prescription drugs to ensure a continuous supply in your home.
- Listen/watch for official information regarding actions to take.
- Learn First Aid and CPR.
- Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

## **During a Disease Outbreak** (Limit the Spread of Germs and Prevent Infection)

- Avoid close contact with people who are sick.
- Clean and disinfect frequently touched objects and surfaces.
- Cover your mouth and nose with a tissue when coughing or sneezing or cough into your arm.
- Wash your hands with soap and water often to help protect you from germs.
- Avoid touching your eyes, nose or mouth.

## **If you or a family member are sick**

- Stay home for at least 24 hours after the fever breaks.
- Keep your distance from others to protect them from getting sick too.
- Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19

## **References**

- U.S. CDC Coronavirus: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- U.S. CDC Influenza: <https://www.cdc.gov/flu/index.htm>
- FEMA's Ready.Gov: <https://www.ready.gov/>
- Waldo County EMA Preparedness: <https://www.waldocountyme.gov/emergency-preparedness-information/>