

Strategies for Staying Healthy

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Develop a “Household Plan” for the Coronavirus to keep You & those You Live With safe & healthy...

- * **Practice CDC recommendations to prevent virus spread:**
 - ✓ Wash hands; use hand sanitizer.
 - ✓ Avoid touching your face (eyes, nose, mouth).
 - ✓ Wear a clean mask over your nose and mouth in all public locations; and, evaluate whether you need to wear a mask in your home.
 - ✓ Practice Social Distancing – No crowds, visitors, or unnecessary outings. Stay at least 6’ away from others. Stay home except for necessary trips (work, required supplies). Avoid more than 15 minutes cumulative exposure (in 24 hr period) to other people except as required for work.
 - ✓ Cover cough or sneeze with a tissue & throw tissue away.
 - ✓ Avoid contact with people who are sick.
 - ✓ Disinfect surfaces.
- * **Have adequate supplies of all prescription and over-the counter medications.**
- * **Have adequate household cleaning products, foods, & other necessary supplies. Have one person in home do the shopping.**
- * **Have a list of emergency contacts ready (primary doctor/ pharmacy/ health department/ neighbors/ friends/ relatives) & have back-up plans for children, pets, dependent adults (plan for who will provide care in case you or the primary care provider is unavailable to provide).**
- * **Disinfect your home at least daily using bleach/Lysol/alcohol or other germicidal products paying particular attention to counters, door knobs, light switches, phones, & any frequently high touched surfaces.**
- * **Designate a room in your home that could be used for isolation in the event that anyone in the household has any suspicious or probable Covid-19 symptoms.**
- * **Regularly monitor yourself and your housemates for signs and symptoms of Covid-19 (if problems are detected, isolate the symptomatic person & contact the doctor for instructions):**
 - ✓ Fever.
 - ✓ Cough.
 - ✓ Shortness of breath.
 - ✓ Other possible symptoms could include changes in sense of taste or smell, sore throat, sneezing, mild gastrointestinal problems.
- * **Maintain good health habits through:**
 - ✓ Eating healthy on a normal schedule.
 - ✓ Maintain contact with family and friends via phone or social media.
 - ✓ Exercise regularly.
 - ✓ Do safe things you enjoy like reading, writing, gardening, art activities, yard work, caring for pets, learning something new, listening to music, singing, etc.
 - ✓ Stay informed but take breaks from the news and social media.