

March 2, 2020

Steps Families Can Take to Prepare for COVID-19

Currently, there are NO confirmed community spread of Covid-19 in our area, meaning the virus is not being spread from person to person. However, experts predict there will be community spread. Federal, state and local officials are preparing for when/if this happens. Families can prepare by proactively planning ahead.

Recommended Actions to Take Now:

- Stock up on a two-week supply of food and water.
- Periodically check your regular prescription drugs to ensure a continuous supply in your home.
- Have non-prescription drugs and other health supplies on hand including pain relievers/fever reducing medications, stomach remedies, cough and cold medicines, fluids with electrolytes, vitamins and tissues.
- Stock up on household supplies such as toilet paper, hand soap, paper towels, garbage bags, cleaning supplies, etc.
- 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 would be needed for them in your home.
- Have pet foods and supplies.
- Stock up on baby care items.
- Plan for extended school and day care closures.
- Talk to your employer about telecommuting opportunities in the event that movement of people is restricted. If you are able to work from home, check to ensure your set up is operational.
- Plan for a sick room in the home. Designate one room that would work best, usually a bedroom with its own bathroom that no one else will use. If someone in the home becomes ill, keep them in the sick room away from others.
- Re-inforce handwashing, cover your cough and sneezes, and remaining at home when ill.
- Make a plan to check in with elderly family members to ensure they are prepared and well.
- Monitor reliable information resources such as: www.cdc.gov www.nj.gov/health