

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/index.html>

How to Prepare

Here is what you can do to prepare your family in case COVID-19 spreads in your community.

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Find Local Information

Know where to find local information on COVID-19 and local trends of COVID-19 cases.

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Know the Signs & Symptoms

Know the [signs and symptoms](#) of COVID-19 and what to do if symptomatic:

- Stay home when you are sick
- Call your health care provider's office in advance of a visit
- Limit movement in the community
- Limit visitors

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Take Steps for Those at Higher Risk

Know what additional measures those at [higher risk](#) and who are vulnerable should take.

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Protect Yourself & Family

Implement [steps to prevent illness](#) (e.g., stay home when sick, handwashing, respiratory etiquette, clean frequently touched surfaces daily).

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Create a Household Plan

Create a [household plan](#) of action in case of illness in the household or disruption of daily activities due to COVID-19 in the community.

- Consider 2-week supply of prescription and over the counter medications, food and other essentials. Know how to get food delivered if possible.
- Establish ways to communicate with others (e.g., family, friends, co-workers).

- Establish plans to telework, what to do about childcare needs, how to adapt to cancellation of events.

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Stay Informed About Emergency Plans

Know about emergency operations plans for schools/workplaces of household members.