Family Action Plan

☑ **Identify everyone who needs to be part of your plan and what his/her needs are.**
This should include things like health or medical conditions, medication needs, medical equipment needs, dietary needs, and other things you'd take into account during any other type of emergency. Current information about COVID-19 suggests that older adults and those with underlying chronic medical conditions may be at risk for more serious complications.

☑ **Create an emergency contact list.**
Make sure you have a current list of emergency contacts that includes family, friends, neighbors, healthcare providers, employers, schools and your local public health department.

☑ **Identify organizations and resources in your community.**
Consider including organizations that provide mental health or counseling services. If your neighborhood has a website or social media page, consider joining to maintain access to neighbors and other nearby resources.

☑ **Learn about the emergency plans at your family's jobs and schools and plan for what you'll do if a family member gets sick.**
What plans do you have in place if schools are closed because of widespread illness? Who will take care of your children if daycares must close? What sick-leave and telework policies does your employer have? Don't forget to include social services that are part of your daily life, including things like student meal programs and mental health services.

☑ **Encourage your whole family to practice preventive hygiene.**
Wash your hands frequently. Avoid touching your face. Cover your mouth with your elbow or a tissue when you cough or sneeze. Stay home when you or a family member are sick. Clean frequently touched surfaces everday. Avoid or minimize close contact with sick people.

☑ **Choose a room in your home that can be used to separate those who are sick from the rest of the household.**
If possible, this should include a bathroom for the sick individuals to use. Clean and disinfect these rooms as needed and minimize contact between sick and healthy people.

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