

# STOP THE SPREAD OF GERMS



Help prevent the spread of respiratory viruses like COVID-19 and flu.

## What are the symptoms?



**Fever**



**Cough**



**Shortness of breath**

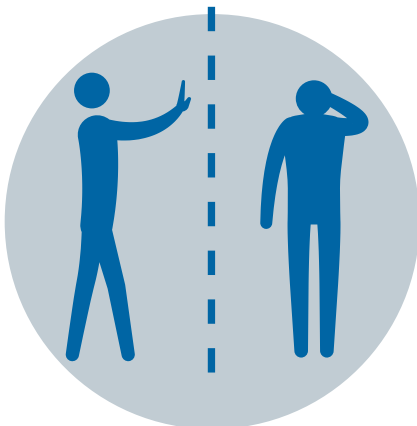
## How is it prevented?



**Wash hands often**



**Avoid touching eyes, nose or mouth**



**Avoid contact with sick people**



**Stay home while you are sick; avoid others**



**Cover mouth/nose with a tissue or sleeve when coughing or sneezing**



**Clean and disinfect frequently touched objects and surfaces**



# Get Your Household Ready



## CREATE A HOUSEHOLD PLAN OF ACTION

### SHARE THE PLAN OF ACTION

**Talk with the people** who need to be included in your plan.

Plan ways to care for those who might be at **greater risk for serious complications**.

**Identify** Community Resources

Create an **emergency contact list**.

### HEALTHY HABITS

Practice everyday preventive actions **now**.

**Choose a room** in your home that can be used to separate sick household members from those who are healthy.

### SCHOOL OR WORKPLACE

Learn about the **emergency operations** plan at your child's school or childcare facility.

Learn about **your** employer's emergency operations plan.

### TURN YOUR PLAN TO ACTION

**Stay informed** about the local COVID-19 situation.

**Stay home** if you are sick.

Continue practicing **everyday preventive actions**.

**Use the separate room** and bathroom you prepared for sick household members (if possible).

Stay in touch with others by **phone or email**.

Take care of the **emotional health** of your household members.

### WORK SCHEDULE

**Notify your workplace** as soon as possible if your schedule changes.

### PROTECT YOUR CHILDREN

If your child/children become sick with COVID-19s, **notify their childcare facility or school**.

**Keep track** of school dismissals in your community.

Discourage children and teens from gathering in other public places while school is dismissed to help **slow the spread of COVID-19 in the community**.