

Preparing Your Household for a possible COVID-19 outbreak



Prepare

- ✓ Keep an adequate supply of water, food and pet food in your home. If you take prescription drugs, contact your health care provider about keeping an emergency supply at home.
- ✓ Keep a working thermometer and medications, like decongestants, expectorants and ibuprofen or acetaminophen on hand.



Plan

- ✓ Meet with family, relatives, and friends to discuss possible needs in the event of an infectious disease outbreak.
- ✓ Plan ways to care for people at higher risk - the very young, older people, people with chronic diseases or compromised immune systems.
- ✓ Choose a room in your home that could be used to separate family members who become sick.
- ✓ Plan for childcare should schools temporarily close.
- ✓ Ask about your employers' preparedness plans, including sick-leave policies and telework options.
- ✓ Know the preparedness plans of your children's childcare, schools and/or colleges.



Stay Informed

- ✓ Follow South Health District on social media and visit the COVID-19 webpage often (www.southhealthdistrict.com/covid19)
- ✓ Join neighborhood information webpages or emails.



Communicate

- ✓ Create an emergency contact list of family members, friends, neighbors, health care providers, teachers, employers and others.

How to prevent the spread of:

CORONAVIRUS DISEASE 2019 (COVID-19)

INFECTION PREVENTION STEPS

- ✓ **Wash your hands often** with soap + water.
- ✓ **Avoid touching** your **eyes, nose + mouth** with unwashed hands.
- ✓ **Cover** your **cough or sneeze** with a tissue, then **throw the tissue** in the trash.
- ✓ **Avoid close contact** with people **who are sick**.
- ✓ **Get a flu shot!**
- ✓ **Clean + disinfect frequently touched objects and surfaces** such as counters, door knobs, desks, keyboards, tablets and phones.

Keeping hands clean is one of the most important things we can do to stop the spread of respiratory illnesses like flu and COVID-19.



1

USE SOAP



2

PALM TO PALM



3

BACK OF HANDS



4

FINGERS INTERLACED



5

BASE OF THUMBS



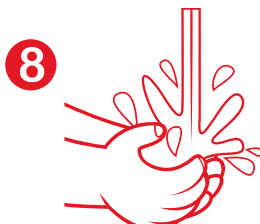
6

FINGERNAILS



7

WRISTS



8

RINSE HANDS



9

DRY HANDS

PROPER HANDWASHING TIPS

- Wash hands thoroughly with soap + warm water.
- Wash for 20-30 seconds or sing "Happy Birthday" two times through.
- Soap and warm water are the best way to clean your hands, but if they aren't available, use an alcohol-based hand sanitizer, that contains at least 60% alcohol.

HOW TO USE HAND SANITIZERS

- Apply the sanitizer to the **palm of one hand** (follow label directions on how much to use).
- Rub hands together.
- Rub the sanitizer over **all the surfaces of your hands + fingers** until your hands are dry.

For more information: dph.georgia.gov/novelcoronavirus
cdc.gov/coronavirus/2019-ncov/index.html