

Your COVID-19 Game Plan

The top 3 things to do	Shop	Keep it clean	Plan	If illness arises
1	Shop for a few weeks worth of prescription medications, a bottle or two (Please do not stockpile.) of fever reducer appropriate for the ages of people in your household, and tissues.	Wash your hands throughout the day and as soon as you arrive home.	Plan for working from home, if possible.	If you show early signs of COVID-19, like fever or dry cough, call your doctor. It is likely that the symptoms will not get any worse and so can be easily managed. You can avoid getting sicker or infecting others if you stay home.
2	Shop for two weeks of food, including some items you would like if you were feeling ill (chicken soup, broth, and crackers, for instance).	Wipe down frequently touched areas with alcohol- or bleach-based cleaners a few times a day.	Plan for childcare, in the case of school and daycare closings.	Care for those who are ill by limiting time and proximity to them, if possible; washing hands; cleaning; and by not touching your face.
3	Shop for cleaning supplies with bleach or alcohol.	Don't touch your eyes, nose, or mouth with hands that have touched anything else.	Plan for eldercare, if you have an older friend or relative who lives far away.	If you or a family member has trouble breathing or are dehydrated, come to the Emergency Department.

Information provided is based upon the best available knowledge, as of March 4, 2020.