

COVID-19 CHECKLIST FOR INDIVIDUALS AND FAMILIES

This checklist is derived from the Checklist for Individuals and Families by the Centres for Disease Control and Prevention (CDC)

<https://www.cdc.gov/coronavirus/2019-ncov/community/home/checklist-household-ready.html>

PLAN & PREPARE

Get up to date information about local COVID-19 activity from public health officials

Create a household plan of action
Consider members of the household that may be at greater risk such as older adults and people with severe chronic illnesses.
Ask your neighbours what their plan includes.
Create a list of local organisations you and your household can contact in case you need access to information, healthcare services, support and resources.
Create an emergency contact list including family, friends, neighbours, healthcare providers, teachers, employers, the local public health department, and other community resources.
Choose a room in your house that can be used to separate sick household members from others.

TAKE EVERYDAY PREVENTIVE ACTIONS

Wash your hands frequently
Avoid touching your eyes, nose and mouth.
Stay home when you are sick.
Cover your cough or sneeze with a tissue, then throw the tissue in a lined bin.
Clean and disinfect frequently touched objects and surfaces.
Be prepared if your child’s school or childcare facility is temporarily dismissed or for potential changes at your workplace.

TAKE ACTION

In case of an outbreak in your community, protect yourself and others.

If you develop emergency warning signs for COVID-19 get medical attention immediately. In adults, emergency warning signs*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

This list is not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.

- Keep away from other who are sick
- Limit close contact with others as much as possible (1-2 meters)

Put your household plan into action

If someone in the household is sick, separate them into the prepared room
If caring for a household member, follow recommended precautions and monitor your own health
Keep surfaces disinfected
Avoid sharing personal items
If you become sick, stay in contact with others by phone or email
Stay informed about the local outbreak situation
Notify your work if your schedule needs to change
Take care of the emotional health of your household members, including yourself

Take additional precautions for those at risk, particularly older adults and those who have several underlying health conditions and compromised immune systems.

Consider staying at home and away from crowds if you or a family member are an older adult or have underlying health issues.
Make sure you have access to several weeks of medications and supplies in case you need to stay home.
When you go out in public, keep away from others who are sick and limit close contact with others.
Practice good hand hygiene.
Take the following steps to help protect your children during an outbreak
Notify your child's school if your child becomes sick with COVID-19
Keep track of school dismissals in your community
Discourage children and teens from gathering in other public places