



# Preparing Your Household for a Pandemic

Cases of COVID-19 are rising in many states. While everyone should take steps to stop the spread of disease, making a plan for what to do if you or someone in your household gets sick may help lessen the worry and stress of responding to what comes next.

## Prevent the spread of the virus

**Everyone should take these prevention steps.**

- Wash hands often for at least 20 seconds with soap and water. If you cannot use soap and water, use hand sanitizer (60-95% alcohol content).
- Cover coughs and sneezes with elbow or tissue. If you use a tissue, throw the tissue away and wash your hands right away.
- Do not touch your face.
- Stay at least six feet away from people who you do not live with.
- Wear a cloth, paper or disposable face covering when you go out. A face covering may help stop the spread of the virus as more people are out and about.
- Stay close to home. Avoid overnight trips. Minimize non-essential travel, including recreational day trips to places outside the community where you live. Travel the shortest distance that you need to for essential services. Plan to run essential errands during hours when fewer people will be there.
- If you are sick, stay home, call your health care provider and follow their guidance.
- If you are at risk for severe complications (older than age 65 or have medical conditions) you should stay home, even if you feel well.
- Set an example for your children. Show them how to limit the spread of viruses and germs.

## Prepare your household

This checklist will help you gather the information and resources you may need in a pandemic.

### Information

Gather important health information. You can put hard copies of all this information in a folder and make sure everyone in your household knows where it is kept.

- Write down in one place the name and phone number of health care providers for each person in your household.
- Write down any medical conditions and allergies for each household member.
- Write down information for any prescriptions taken by household members: name of medication, dose, and health care provider who prescribed it.
- Make copies of health insurance cards for each person in your household.
  - ✓ If you don't have access to a copier or a scanner, consider other ways of keeping copies, such as emailing a photo to yourself, saving photos of your cards to a backed-up drive, or using a scanner app on a smartphone.

Talk with members of your household and anyone else you are responsible for about what to do if someone gets sick. Make sure everyone in your household knows about your plans.

- What will you do if you get sick?
  - ✓ OHA has a flyer on [what to expect if you have been diagnosed with COVID-19](#).
  - ✓ The CDC has advice for [what to do if you are sick](#).
- What do you need to take care of someone in your home?
  - ✓ OHA has guidance on [caring for someone at home](#).
  - ✓ The CDC has tips on [caring for someone sick at home](#).
- Who will take care of any children in your household if their primary caregiver is sick? Can the children quarantine with them, if needed?
- Who will take care of children if school or daycare is closed?
- Who will take care of any pets in your household if needed?
- Who will support people for whom you are a caregiver if you are sick, such as an older parent or a family member with a disability?

- ✓ Oregon's Aging and Disability Resource Connection (ADRC) may be able to provide information to assist you: <http://www.adrcoforegon.org/> or call 1-855-ORE-ADRC (1-855-673-2372)

- ❑ For general preparedness, agree on a point of contact where all family members can check-in if you are separated during any emergency where the home may not be the best option.

## Resources

During a pandemic, you may need to stay at home for an extended period of time. People in Oregon are used to being “two weeks ready” for disasters – check your emergency kit to make sure you have these things on hand.

### Food and non-perishables

- Ready-to-eat canned meats, fruits, vegetables and soups
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter or nuts
- Dried fruit
- Crackers
- Canned juices
- Comfort food, including cookies, candy, instant coffee, tea bags
- Bottled water (one gallon per person, per day)
- Appropriate foods for people with dietary restrictions, if needed
- Canned or jarred baby food and formula, if needed
- Pet food

### Medical, health and emergency supplies

- Prescription medications
- Prescribed medical supplies such as glucose and blood-pressure monitoring equipment
- Soap and water, or alcohol-based hand sanitizer (60-95% alcohol content)
- Medicines for fever, such as acetaminophen or ibuprofen
- Thermometer

- Anti-diarrheal medication
- Vitamins, cough syrup, throat lozenges
- Fluids or powdered drink supplements with electrolytes
- Flashlight
- Batteries
- Portable phone charger or power bank
- Portable radio
- Manual can opener
- Garbage bags
- Tissues, toilet paper, disposable diapers, toothpaste, feminine supplies and other sanitary supplies as needed
- Entertainment such as games, crafts, books and movies
- Comfort items, like toys and blankets, for young children
- Supplies for persons with special needs – the elderly or disabled
- Extra cash

**Accessibility:** For individuals with disabilities or individuals who speak a language other than English, OHA can provide documents in alternate formats such as other languages, large print, braille or a format you prefer. Contact Mavel Morales at 1-844-882-7889, 711 TTY or [OHA.ADAModifications@dhsosha.state.or.us](mailto:OHA.ADAModifications@dhsosha.state.or.us).