

BEFORE



a COVID-19 outbreak occurs in your community: Plan

Creating a **household plan** can help protect your health and the health of those you care about in the event of an outbreak of COVID-19 in your community. You should base the details of your household plan on the needs and daily routine of your household members.

My Family / Household Plan¹:

- ✓ Talk with people who need to be included in your plan
- ✓ Plan ways to care for those at greater risk (those with chronic conditions, elderly) as they may be at risk for more serious complications
- ✓ Get linked to the Health Centre / Band Social media page for accurate and up to date information
- ✓ Get the phone numbers of who to call in the event that you need some support
 - 811 Health Link
 - The Health Centre
 - The Band Office

1. Practice good personal health habits and plan for home-based actions.²³

- ✓ **Practice everyday preventive actions now.** Remind everyone in your household of the importance of practicing everyday preventive actions that can help prevent the spread of respiratory illnesses:
 - Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. (SOAP and Water are best, If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.)
 - Avoid close contact with people who are sick.
 - Stay home when you are sick. Do not go to work.
 - Before you go for medical care call 811 or speak with community health nurse. They will advise you on how to get to the care centre.

¹ Get Your Household Ready for Coronavirus Disease 2019. (2020, March 1). Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/community/home/get-your-household-ready-for-COVID-19.html>

² Hand Hygiene. (2015, April 16). Retrieved from <https://www.canada.ca/en/public-health/services/healthy-living/hand-hygiene.html>

³ Coronavirus Disease 2019 (COVID-19) Prevention & Treatment. (2020, February 15). Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>

DURING



a COVID-19 outbreak in your community: Act

- ✓ **During an outbreak in your community, protect yourself and others by:**
 - Staying home from work, school, and all activities (avoid crowded areas like arenas) when you are sick with cold & flu like symptoms which may include fever, cough, and difficulty breathing.
 - Keeping away from others who are sick.
 - Limiting close contact with others as much as possible (about 6 feet).

2. Put your household plan into action¹²

- ✓ **Stay informed about the local COVID-19 situation.**
 - Get up-to-date information about local COVID-19 activity from your Health Centre. Be aware of temporary school dismissals in your area, as this may affect your household's daily routine.
- ✓ **Stay home if you are sick.**
 - Stay home if you have symptoms. Call 811 Health Link or Health centre to discuss your concerns. If a member of your household is sick, stay home from school and work to avoid spreading COVID-19 to others.
 - If your children are in the care of others, urge caregivers to watch for COVID-19 symptoms.
- ✓ **Continue practicing everyday preventive actions³.**
 - Cover coughs and sneezes with a tissue and wash your hands often with soap and water for at least 20 seconds.
 - If soap and water are not available, use a hand sanitizer that contains 60% alcohol.
 - Clean frequently touched surfaces and objects daily using a regular household detergent and water.
 - Avoid touching your face, nose, or mouth with unwashed hands.
- ✓ **Use the separate room you prepared for sick household members (if possible).⁴**
 - Avoid sharing personal items like food and drinks.

¹ Get Your Household Ready for Coronavirus Disease 2019. (2020, March 1). Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/community/home/get-your-household-ready-for-COVID-19.html>

² Coronavirus Disease 2019 (COVID-19) Preventing COVID-19 from Spreading. (2020, February 14). <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

³ Hand Hygiene. (2015, April 16). <https://www.canada.ca/en/public-health/services/healthy-living/hand-hygiene.html>

⁴ Get Your Household Ready for Coronavirus Disease 2019. (2020, March 1). Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/community/home/get-your-household-ready-for-COVID-19.html>