

## Individuals and families at home

*What you can do to prepare, if you or a family member gets ill, or if your community experiences spread of COVID-19.*

### **Start now:**

- Monitor local information about COVID-19 in your community.
- Practice personal protective measures (e.g., keep social distance when in public and wash hands frequently, especially when in public spaces).
- Put household plan into action.
- Individuals with [underlying medical conditions](#) should consider staying at home and avoiding gatherings or other situations of potential exposures, including travel.

### **Continue these activities:**

- Know where to find local information on COVID-19 and local trends of COVID-19 cases.
- Know the signs and symptoms of COVID-19 and what to do if symptomatic:
  - Stay home when you are sick.
  - Call your health care provider's office before you go in.
  - Limit movement in the community.
  - Limit visitors.
- Know what additional measures people at high risk and who are vulnerable should take.
- Implement personal protective measures (e.g., stay home when sick, handwashing, respiratory etiquette, clean frequently touched surfaces daily).
- Create a household plan of action in case of illness in the household or disruption of daily activities due to COVID-19 in the community.
  - Consider getting a two-week supply of prescription and over the counter medications, food and other essentials to keep at home. Know how to get food delivered if possible.
  - Establish ways to communicate with others (e.g., family, friends, co-workers).
  - Establish plans to telework, what to do about child care needs, and how to adapt to cancellation of events.
- Know about emergency operations plans for schools/workplaces of household members.

Adapted from the Minnesota Department of Health [Strategies to Slow the Spread of COVID-19 in Minnesota](#)