

## PLANNING FOR EXTENDED STAYS AT HOME

**You may be asked to stay at home for extended periods of time during the coronavirus outbreak. Take steps to prepare yourself and your family:**

- Stay informed about the COVID-19 situation. Visit [www.CDC.gov/coronavirus](http://www.CDC.gov/coronavirus) or [www.stlcorona.com](http://www.stlcorona.com) and continue to monitor reputable news sources.

### **Continue to take basic preventative precautions.**

- Avoid close contact with people who are sick.
- Cover your coughs and sneezes with a tissue.
- Clean frequently touched surfaces and objects daily (e.g., tables, countertops, light switches, doorknobs, and cabinet handles).
- 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. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.

### **Prepare for home stays.**

- Consider and plan for those in your home who are considered vulnerable (those over age 60, anyone with a serious medical condition).
- Create a contact list with phone numbers of neighbors, schools, and employers.
- Set up online shopping accounts if possible.
- Plan ahead and think about what you will need in order to stay at home for an extended period of time.
- Think ahead and plan how you will keep enough food and medications in your home during this period.

### **Have supplies on hand.**

Buy only as much as you need to avoid frequent shopping trips. Stores selling necessary items like grocery stores, pharmacies, gas stations, and hardware stores will remain open, but we encourage residents to shop less often in order to spend less time in public.

- Non-perishable food
- First aid kit including thermometer
- Medications (over the counter and prescription)
- Toilet paper and other personal hygiene items
- Cleaning supplies (antibacterial soap, hand sanitizer, disinfecting wipes, etc.)

## Take care of the emotional and mental health of your household members

- Maintain a healthy routine. You can still take walks or exercise as long as you maintain a distance from others.
- Connect with others. Talk with people you trust about your concerns and how you are feeling. You can still have contact with friends and loved ones over the phone, email, or video chat.
- Take periodic breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Outbreaks can be stressful for adults and children. Children respond differently to stressful situations than adults. Talk with your children about the outbreak, try to stay calm, and reassure them that they are safe.

## Prepare to isolate in the home when sick with COVID-19

- Choose a room in your home that can be used to separate sick household members from those who are healthy in case someone starts to experience symptoms. Identify a separate bathroom for the sick person to use if possible.
- If you have reason to suspect you may have been exposed to COVID-19, monitor your symptoms closely (cough and shortness of breath), and check your temperature twice a day.
- Make plans in case you need to seek medical care.

### Helpful websites:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/get-your-household-ready-for-COVID-19.html>

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

<https://www.syracuse.com/health/2020/02/coronavirus-checklist-is-your-home-ready-for-new-china-virus-quarantine.html>