



## **COVID-19 Home Planning Steps**

### **Create a household plan of action**

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/checklist-household-ready.html>

### **Talk with the people who need to be included in your plan.**

Discuss with household members, other relatives, and friends what to do in your home and neighborhood if COVID-19 breaks out in your community. <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/index.html>

### **Plan ways to care for those who might be at greater risk for serious complications.**

Older adults and persons who have underlying chronic medical conditions are at risk for more serious complications due to COVID-19. If you or your household members are at increased risk for COVID-19 complications, please consult with your health care provider for more information about monitoring your health for signs and symptoms of COVID-19. CDC has recommended actions to help people at high risk for complications. <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>

### **Get to know your neighbors.**

Talk with your neighbors about emergency planning. If your neighborhood has a website or social media page, consider joining it to maintain access to neighbors, information, and resources.

### **Identify aid organizations in your community.**

Create a list of local organizations that you and your household can contact in the event you need access to information, health care services, support, and resources. Consider including organizations that provide mental health or counseling services, food, and other supplies. <https://uwc.211ct.org/covid19resources>

### **Create an emergency contact list.**

Ensure your household has a current list of emergency contacts for family, friends, neighbors, carpool drivers, health care providers, teachers, employers, the local public health department, and other community resources. Practice good personal health habits and plan for home-based actions

### **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:

- Practice Social Distancing in all circumstances
- Avoid close contact with people who are sick.
- Stay home when you are sick, except to get medical care.
- Cover your coughs and sneezes with a tissue.
- Clean frequently touched surfaces and objects frequently.

### **State Employee Assistance Program.**

The Employee Assistance Program (EAP) is a voluntary program which can help employees and their family members obtain professional support in dealing with personal, emotional, family, or health problems. <https://portal.ct.gov/DSS/Affirmative-Action/Employee-Assistance-Program>