
The American Hospital Association recommends the following actions to help prevent the spread of coronavirus.

Limit the Spread of Germs and Infection

- Create an emergency contact list of family members, friends, neighbors, health care providers, teachers, employers and others.
- Identify community organizations that may be able to help if you need information, health care services, support or other resources.
- Keep a room, and a bathroom if possible, in your home that could be used to separate family members who become sick.
- Plan for child care in case schools close temporarily.
- Ask employers about their preparedness plans, including sick leave and options to work remotely.
- Learn the preparedness plans of your children's child care facilities, schools and colleges.
- Prepare for cancellation or disruptions in public transportation services.
- Prepare to cancel or postpone attendance at large events, including sporting events, conferences and worship services.
- If you care for older adults or children, plan and prepare to care for them, should either you or they become sick.
- Prepare to avoid large crowds and cancel nonessential travel.

Keep Family and Friends Healthy

- Create an emergency contact list of family members, friends, neighbors, health care providers, teachers, employers and others.
- Identify community organizations that may be able to help if you need information, health care services, support or other resources.
- Keep a room, and a bathroom if possible, in your home that could be used to separate family members who become sick.
- Plan for child care in case schools close temporarily.
- Ask employers about their preparedness plans, including sick leave and options to work remotely.
- Learn the preparedness plans of your children's child care facilities, schools and colleges.
- Prepare for cancellation or disruptions in public transportation services.

- Prepare to cancel or postpone attendance at large events, including sporting events, conferences and worship services.
- If you care for older adults or children, plan and prepare to care for them, should they or you become sick.
- Prepare to avoid large crowds and cancel nonessential travel.

Get Your Household Ready

- Keep an adequate supply of water, food and pet food in your home.
- Talk to your health care provider, pharmacist or insurance provider about getting an emergency supply of prescription drugs to keep at home.
- Get a working thermometer and respiratory medications, such as decongestants, expectorants and analgesics (ibuprofen and pain relievers).
- Talk to immediate family, relatives and friends about each other's possible needs in the event of an outbreak.
- Talk to neighbors about planning. Join neighborhood information websites or emails.
- Plan ways to help and care for people at higher risk, including the very young, older people, people with chronic disease and those people with compromised immune systems.

Resources

- www.cdc.gov
- **What to Do if You Are Sick:** www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fsteps-when-sick.html
- **Interim Infection Prevention Guidance for Suspected COVID-19 Cases:** www.cdc.gov/coronavirus/2019-ncov/infection-control/control-recommendations.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fhcp%2Finfection-control.html
- **Red Cross COVID-19 Preparedness:** www.redcross.org/about-us/news-and-events/news/2020/coronavirus-safety-and-readiness-tips-for-you.html
- **Dayton Daily News:** www.daytondailynews.com/news/local/coronavirus-checklist-here-what-experts-say-you-can-prepare-for-outbreak/WeqoWqEr5ZLtULDm9qQjtL/