COVID-19: Prevention at Home

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


