

PREPARING FOR COVID-19 CHECKLIST

What you can do now to care for you, loved ones, friends, and neighbors:

- Wash your hands with soap and water for at least 20 seconds, singing Happy Birthday or another favorite tune twice. Do this especially after blowing your nose, coughing, sneezing, or first thing when you come home after work, school, or errands.
- Use hand sanitizer only when you cannot wash your hands with soap and water. The CDC recommends using sanitizer with at least 60% alcohol. When you're out, use it when you return to your car. At the grocery store, use the wipes to clean the cart handle and child seat, and use another one when you leave the store.
- Avoid touching your face, nose, and eyes unless you just washed your hands.
- If you cough or sneeze, use a tissue and throw it away.
- In public, avoid high-touch surfaces like elevator buttons, door handles, handrails, and touch elbows rather than shaking hands. If you must touch something, use your sleeve or a tissue to cover your hand or finger; then toss the tissue.
- Every day, use household detergent and water to clean surfaces and objects you touch regularly (tables, countertops, light switches, doorknobs, and cabinet handles).
- The CDC recommends you prepare to separate yourself and loved ones from others (social distancing) to reduce your risk of infection.
- Prepare now for staying home for two weeks or more.
 - Get your prescriptions filled for a couple of months. Or sign up for the no extra cost pill packaging and delivery directly to you. Ask your medical insurer whether your coverage includes "extended-day supply."

RevolutionMeds <http://revmedsrx.com/>
CVS <https://www.cvs.com/content/multidose>
PillPack from Amazon <https://www.pillpack.com/>

If you will soon need a refill on your prescriptions, contact your health care provider.

- If you have current health issues or are in high risk group, contact your health care provider for additional recommendations.
- Stock up on the supplies you would need if you got sick. Over-the-counter meds (for fever, aches, coughs) and medical supplies (tissues, thermometer, lozenges).
- Stock up on soap for handwashing as well as household cleaners, paper goods (tissue, towels, toilet paper), trash bags, dishwasher soap, and laundry detergent. Get a new toothbrush.

- Meal plan for a few weeks and stock up on supplies. Consider making a few meals and freezing them. Maybe a big pot of chili to share with a healthy neighbor or friend in exchange for some homemade lasagna. Cook ahead and you can use what is fresh. Unlike a storm, you can expect to have a working freezer, use it,
- Make a list of your emergency contacts - family, friends, doctors, pharmacy, and your designated medical agent - and prescription drugs you take. In an emergency, consider exchanging/sharing your list with neighbors, family, or friends.
- Consider your pets. Stock up on food, litter, and meds.
- If you live with someone, make a sick room so the ill one can be separated.
- Think about your family or friends who might be alone and check on them. Encourage them to begin their preparations and then compare notes.
- Sign up now with a grocery delivery service so it is ready if you need it.

Giant <https://www.peapod.com/>
 Safeway <https://www.safeway.com/>
 Aldi <https://www.aldi.us/en/shop-now/grocery-delivery/>

- Stay well informed from trusted and local sources.

CDC <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Your local health department

Fairfax County <https://www.fairfaxcounty.gov/health/novel-coronavirus>

City of Alexandria <https://www.alexandriava.gov/Coronavirus>

Arlington County

<https://health.arlingtonva.us/2019-novel-coronavirus-what-you-need-to-know-from-arlington-county-public-health-division-acphd/>

Your state health department - Virginia Health Department

<http://www.vdh.virginia.gov/surveillance-and-investigation/novel-coronavirus/>

If your neighborhood has a webpage or a social media page, such as Nextdoor, consider signing up to stay informed.

If you are on social media, connect with your local and state health departments to get up to date information.

- Staying home for an extended period may be welcomed at first, but it will soon lead to boredom. Consider downloading apps to entertain or inform you. Your public library has books and maybe movies to download. Maybe games or exercises. Restock your knitting, painting, or woodworking supplies. Plan your vegetable garden. Write a letter of gratitude to someone you appreciate. Learn a new card game. Write postcards.

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