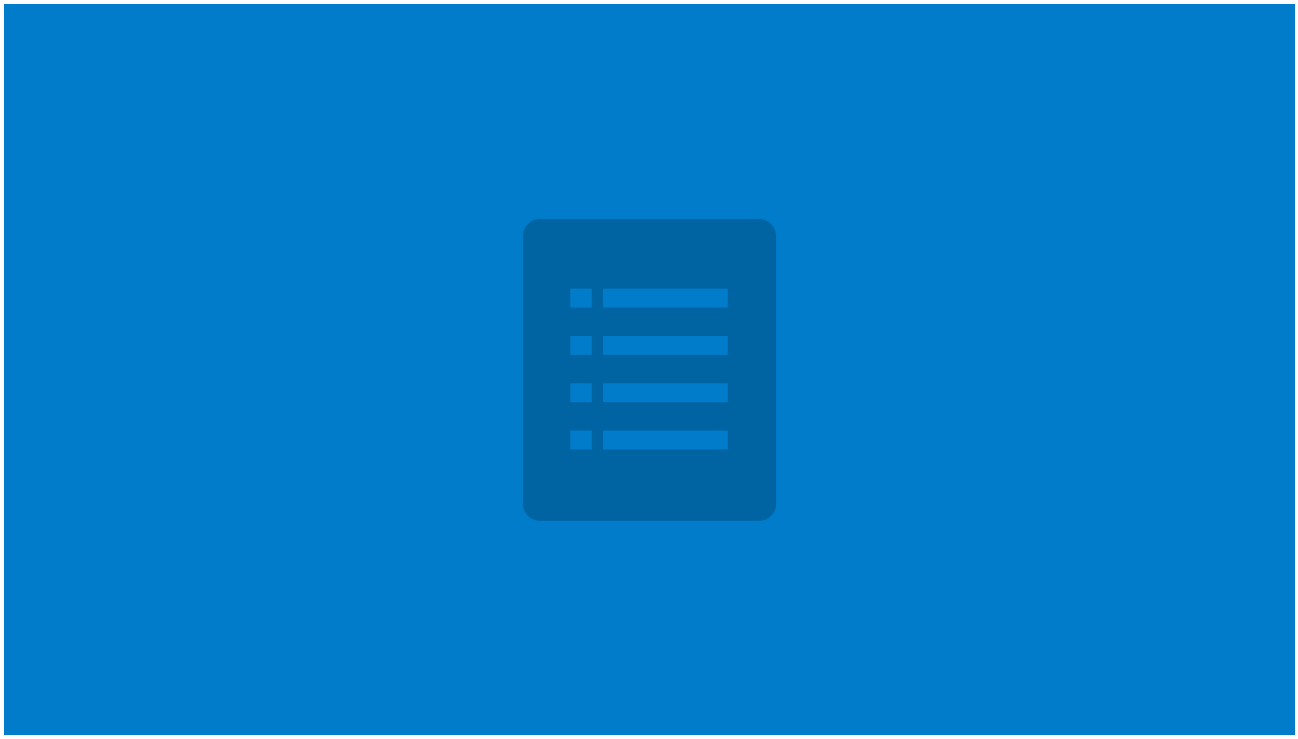
Coronavirus: Safety and Readiness Tips for You

The American Red Cross is closely monitoring the outbreak of Coronavirus Disease 2019 (COVID-19) and following the latest guidance from the Centers for Disease Control (CDC).



LIMIT THE SPREAD OF GERMS AND PREVENT INFECTION

- [ ] Wash your hands often with soap and water for at least 20 seconds, especially after being in a public place, or after blowing your nose, coughing or sneezing.
- [ ] Avoid touching your eyes, nose or mouth with unwashed hands.
- [ ] Avoid close contact with people who are sick.
- [ ] Put distance between yourself and other people if COVID-19 is spreading in your community.
- [ ] Stay home if you are sick, except to get medical care.
- [ ] Cover your nose and mouth with a tissue when coughing or sneezing; throw used tissues in the trash. If a tissue isn't available, cough or sneeze into your elbow or sleeve, not your hands.
- [ ] Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, handles, desks, computers, phones, keyboards, sinks, toilets and countertops.
- [ ] Wear a facemask if you are sick. You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office.

GET YOUR HOUSEHOLD READY

- [ ] There are things you can do right now to be ready for any emergency, and many of these same tips will help you prepare as the coronavirus situation continues to evolve in the U.S.
    - [ ] Have a supply of food staples and household supplies like laundry detergent and bathroom items, and diapers if you have small children.

- [ ] Check to make sure you have at least a 30-day supply of your prescription medications, and have other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines.
- [ ] Know how your local public health agency will share information in your community and stay informed.
- [ ] Learn how your children's school or daycare, and your workplace will handle a possible outbreak. Create a plan in the event of any closings, event cancellations or postponements.
- [ ] If you care for older adults or children, plan and prepare for caring for them, should they or you become sick.
- [ ] Help family members and neighbors get prepared and share the safety messaging with those who may not have access to it.

WHO IS AT A HIGHER RISK?

- [ ] COVID-19 is a new disease, which means scientists and public health experts are still learning how it spreads, the severity of illness it causes and to what extent it may spread in the U.S.
- [ ] Early information shows that some people are at higher risk of getting very sick from this virus. This includes older adults and people who have serious chronic medical conditions like heart disease,
- [ ] If you are at higher risk for serious illness from COVID-19 because of your age or a serious medical condition, it is extra important for you to take actions to avoid getting sick.
  - [ ] Take everyday precautions to keep space between yourself and others.
  - [ ] When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.
  - [ ] Avoid crowds as much as possible.
  - [ ] Stock up on supplies.
  - [ ] Contact your healthcare provider to ask about obtaining extra necessary medications to have on hand in case there is an outbreak of COVID-19 in your community and you need to stay home for a prolonged
  - [ ] If you cannot get extra medications, consider using a mail-order option.
  - [ ] Be sure you have over-the-counter medicines and medical supplies (tissues, etc.) to treat fever and other symptoms. Most people will be able to recover from COVID-19 at home.
  - [ ] Have enough household items and groceries on hand so that you will be prepared to stay at home for a period of time.
- [ ] During a COVID-19 outbreak in your community, stay home as much as possible

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