BE PREPARED (COVID-19)

PLAN AHEAD

There are simple, practical things you can do to prepare in case you or someone in your household becomes ill or if COVID-19 becomes common in your community.

MAKE A PLAN THAT INCLUDES:

▸ Essential supplies (a few weeks’ worth) on hand so you will not need to leave your home if you become ill.
  ▪ Avoid panic buying. Add a few extra items to your cart every time you shop. This places less of a burden on suppliers, and can help ease financial burden on you as well.
  ▪ Renew and refill your prescription medications.

▸ Alternative arrangements in case you become ill or if you need to care for a sick family member. For example:
  ▪ Have backup childcare in case you or your usual care provider become ill.
  ▪ If you care for dependents, have a backup caregiver in place.
  ▪ Talk to your employer about working from home if possible.

▸ Reducing your exposure to crowded places through physical distancing if COVID-19 becomes common in your community. For example:
  ▪ Shop and use public transit during off-peak hours
  ▪ Exercise outdoors instead of in an indoor fitness club

SHOPPING LIST

FOOD
- dried pasta and rice
- pasta sauces
- canned soups, vegetables and beans
- pet food

HYGIENE
- toilet paper
- feminine hygiene products
- diapers
- facial tissue
- soap
- alcohol-based hand sanitizer

HEALTH CARE
- thermometer
- fever-reducing medications (acetaminophen or ibuprofen for adults and children)

CLEANING
- paper towels
- plastic garbage bags
- dish soap
- laundry detergent
- regular household cleaning products
- hard-surface disinfectant, or if not available, concentrated (5%) liquid bleach and a separate container for dilution

COMMUNICATE

▸ Share your plan with your family, friends and neighbours.
▸ Set up a buddy system to check in on each other by phone, email or text during times of need.

STAY INFORMED

▸ Learn about the symptoms of COVID-19, how it spreads and how to prevent illness.
▸ Get your information from reliable sources such as the Public Health Agency of Canada, and provincial, territorial and municipal public health authorities.
▸ If the news media is making you feel anxious, take a break from it.

FOR MORE INFORMATION ON CORONAVIRUS:
1-833-784-4397 @canada.ca/coronavirus