

# COVID 19 CHECKLIST FOR INDIVIDUALS & FAMILYS

## Inspection

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This checklist is derived from the Checklist for Individuals and Families by the Centers for Disease Control and Prevention (CDC).

<https://www.cdc.gov/coronavirus/2019-ncov/community/home/checklist-household-ready.html>

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### Plan and Prepare

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Get up-to-date information about local COVID-19 activity from public health officials

Yes     No

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Create a household plan of action

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Consider members of the household that may be at greater risk such as older adults and people with severe chronic illnesses.

Yes     No

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Ask your neighbors what their plan includes.

Yes     No

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Create a list of local organizations you and your household can contact in case you need access to information, healthcare services, support, and resources.

Yes     No

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Create an emergency contact list including family, friends, neighbors, carpool drivers, healthcare providers, teachers, employers, the local public health department, and other community resources.

Yes     No

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Choose a room in your house that can be used to separate sick household members from others.

Yes     No

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Take everyday preventive actions

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Wash your hands frequently

Yes     No

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Avoid touching your eyes, nose, and mouth.

Yes     No

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Stay home when you are sick.

Yes     No

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Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Yes     No

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Clean and disinfect frequently touched objects and surfaces Be prepared if your child's school or childcare facility is temporarily dismissed or for potential changes at your workplace.

Yes     No

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**Take Action**

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In case of an outbreak in your community, protect yourself and others

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If you develop emergency warning signs for COVID-19 get medical attention immediately. In adults, emergency warning signs\*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

\*This list is not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.

Yes     No

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Keep away from others who are sick

Yes     No

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Limit close contact with others as much as possible (about 6 feet)

Yes     No

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Put your household plan into action

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Continue to practice everyday preventive actions

Yes     No

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If someone in the household is sick, separate them into the prepared room

Yes     No

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If caring for a household member, follow recommended precautions and monitor your own health

Yes     No

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Keep surfaces disinfected

Yes     No

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Avoid sharing personal items

Yes     No

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If you become sick, stay in contact with others by phone or email

Yes     No

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Stay informed about the local outbreak situation

Yes     No

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Notify your work if your schedule needs to change

Yes     No

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Take care of the emotional health of your household members, including yourself

Yes     No

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Take additional precautions for those at highest risk, particularly older adults and those who have severe underlying health conditions.

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Consider staying at home and away from crowds if you or a family member are an older adult or have underlying health issues

Yes     No

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Make sure you have access to several weeks of medications and supplies in case you need to stay home

Yes     No

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When you go out in public, keep away from others who are sick and limit close contact with others

Yes     No

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Practice good hand hygiene

Yes     No

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Take the following steps to help protect your children during an outbreak

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Notify your child's school if your child becomes sick with COVID-19

Yes     No

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Keep track of school dismissals in your community

Yes     No

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Discourage children and teens from gathering in other public places

Yes     No

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Sign-off

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Comments/Recommendations

Enter text

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Name & Signature

