

PREPARING YOURSELF FOR COVID-19

You can help manage anxiety about COVID-19 by **creating a plan** in case you, or someone in your household, becomes ill. Just like fire and tornado drills, it is better to be prepared than to be caught off guard.



MEDICAL CARE

If you have symptoms of respiratory illness (fever, cough, shortness of breath) and are concerned about your health, call your doctor.

Doctor:

Phone number:

Make sure you have a list of your regular medications available to share with your doctor. If you have a medical emergency, like trouble breathing, call 911 for immediate help.



PETS

You may need someone to take care of your pets, especially if you become seriously ill and receive care at a hospital.

Pet sitter:

Phone number:

Veterinarian number:



CHILD & ELDER CARE

If you become sick, even with minor symptoms, you will need to isolate yourself to prevent spreading the virus to those you care for. Create a back-up plan for child and elder care.

Child-care backup:

Phone number:

Elder-care backup:

Phone number:



SUPPLIES TO CONSIDER

- Tissues, trash bins
- Hand soap and hand sanitizer containing at least 60% alcohol
- Face covering (like a scarf or bandana to cover your mouth and nose)
- Cleaning supplies (wipes or sprays)
- Thermometer
- Fever- and pain-relieving medication
- Throat lozenges
- Fluids – water, tea, sports drinks
- Pantry stable foods (like applesauce)
- Make and freeze meals (like soup)

Visit [Michigan.gov/MichiganPrepares](https://www.michigan.gov/MichiganPrepares) for additional emergency planning ideas.

PREVENTING COVID-19

The best thing you can do is **stay home** unless you must go out for essential items or medical care.

If you do leave home remember to:

1. Carry hand sanitizer for when you are unable to wash your hands. Wash or use sanitizer frequently.
2. Wear a cloth face cover over your nose and mouth.
3. Keep at least 6 feet of distance between yourself and others.



Stay informed with accurate news and information, but limit media exposure to avoid becoming overwhelmed.

You should know:

- How COVID-19 spreads.
- What the symptoms are.
- How to protect yourself.
- When to call a doctor.
- How the Executive Orders impact you.

Find reliable information at:

- Michigan.gov/Coronavirus
- By phone: **888-535-6136**
(daily 8 am - 5 pm)
- By email: COVID19@Michigan.gov



Consider alternative ways to reduce contact with others while getting groceries:

- Grocery delivery services
- Curbside pick-up services
- Online shopping
- Delivery from people you know
- Food delivery services for older adults (Call 211 to locate one)
- Plan ahead to reduce the number of trips you do have to make



- Contact your pharmacy about delivery service options.
- Use pharmacy drive-through, if available.
- Contact your pharmacy before you run out of your prescribed medications.



- Try to get good sleep to promote health and resilience.
- Avoid turning to alcohol or drugs when feeling stressed or worried.
- Stay connected to family through texts, phone calls, video chats and by sending letters.