



Get your Household Ready for Novel Coronavirus

March 2020

LIVINGSTON COUNTY 
Health Department

Introduction

This guide provides information about preventative actions individuals and households can take to reduce the spread of disease. Use this guide to develop an emergency plan that is specific to you and your household.

Novel Coronavirus

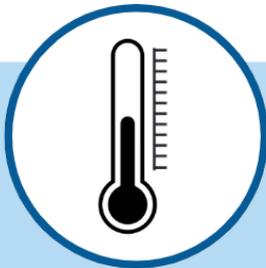
Coronaviruses are a large family of viruses. Some coronaviruses are common and cause respiratory illness in people. Others circulate among animals, including camels, cats, and bats. Rarely, animal coronaviruses can evolve, infect people, and then spread between people.

A *novel* coronavirus is a new coronavirus that has not been previously identified. The virus causing novel coronavirus, is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold. A diagnosis with common human coronavirus (including 229E, NL63, OC43, or HKU1) is not the same as a novel coronavirus diagnosis. Patients with novel coronavirus will be evaluated and cared for differently than patients with a common coronavirus diagnosis.

Novel coronaviruses are concerning to health experts because little is known about the new virus and it has the potential to cause severe illness and pneumonia. However, you can take steps to prepare for novel coronavirus and prevent the spread of disease.

Symptoms of Novel Coronavirus

Patients with novel coronavirus may experience fever, cough, and/or shortness of breath. The symptoms typically appear 2-14 days after exposure. Illnesses can range from mild symptoms to severe illness and death.



Fever



Cough



**Shortness
of Breath**

If you develop symptoms, call your healthcare provider.

Practice Everyday Preventative Actions

The Centers for Disease Control and Prevention (CDC) recommends several actions for preventing the spread of respiratory illnesses, like novel coronavirus. It is a good habit to practice everyday preventive actions at all times.



Wash your hands often with soap and water for at least 20 seconds.



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



Avoid touching your eyes, nose, and mouth.



Stay home when you are sick, except to get medical care.



Clean and disinfect frequently touched objects and surfaces.



Avoid close contact with people who are sick.

In some situations, public health officials may recommend additional preventative measures. These can include social distancing (keeping a distance of 6 feet between people), staying home when someone in your household is sick, and postponing/canceling large events. Everyone should be prepared to take these additional actions, if recommended by public health officials.

Make a Plan

Create an Emergency Action Plan

✓ **Talk with the people who need to be included in your plan.** Meet with household members, other relatives, and friends to discuss what to do if novel coronavirus affects your area. Discuss what the needs of each person will be.

✓ **Plan ways to care for those at greater risk for serious complications.** Certain people are at greater risk for serious complications if they get a respiratory illness, like novel coronavirus. Novel coronavirus can worsen their health conditions, and services they rely on may not be available.

✓ **Get to know your neighbors.** Talk with them about emergency planning. Share information and resources.

✓ **Identify organizations in your community that can offer assistance.** Create a list of organizations you can contact if you lack access to information, health care/mental health services, food, support, or other resources during an emergency.

✓ **Create an emergency contact list.** Create a current list of emergency contacts for family, friends, neighbors, carpool drivers, health care providers, teachers, employers, the local public health department, etc.

Practice Good Health Habits

✓ **Practice and teach everyday preventive actions now (see Page 3).** Get in the routine of practicing everyday preventive actions to prevent the spread of respiratory illnesses. Avoid close contact with sick people.

✓ **Plan to have extra supplies on hand.** If you become sick, you may not be able to leave your home. Keep extra supplies like food, water, soap, hand sanitizer with at least 60% alcohol, tissues, and disposable facemasks on hand. If you or your household members regularly take prescription drugs, talk to your health care provider, pharmacist, and insurance provider about keeping an emergency supply of medications at home.

✓ **Choose a room in your home to separate sick household members from those who are healthy.** If possible, also choose a bathroom for the sick person to use. Plan to clean these rooms daily.

Prepare for Temporary School and Childcare Dismissals

✓ **Learn about the emergency operations plan at your child's school or childcare facility.** Public health officials may recommend schools be dismissed temporarily to help slow the spread of disease. School authorities also may decide to dismiss school if too many students or staff are absent. Understand the local School Board's plan for continuing education and social services during school dismissals, such as student meal programs.

✓ **Plan alternative childcare arrangements for children.** Determine how your children will be cared for should schools be dismissed.

Plan for Changes at your Workplace

✓ **Learn about your employer's emergency operations plan.** Discuss sick-leave policies and telework options for sick workers or those needing to stay home to care for a sick household member. If you work in health care or emergency response, ask your employer if you would be required to work longer hours or additional shifts to respond to the emergency. How would these policies affect your household's emergency action plan?

Take Action

Put your Plans into Action

✓ **Avoid close contact with others.** Viruses can travel through the air when sick people cough or sneeze. Public health officials may ask people keep a distance of at least 6 feet to help slow the spread. Avoid close contact with sick people.

✓ **Stay home if you become sick.** Staying home while sick will help prevent the spread of disease. When seeking medical care or other necessities, wear a facemask and keep your distance from others as much as possible. Seek emergency care if your symptoms become severe. Public health officials also may recommend that you stay home if a member of your household is sick.

✓ **Continue practicing everyday preventive actions (see Page 3).** Cover your coughs and sneezes with a tissue, and wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a 60% alcohol-based hand sanitizer. Avoid sharing personal items like food, drinks, or lip-gloss. Clean frequently touched surfaces and objects with regular soap and water or Environmental Protection Agency (EPA)-approved products. Always follow product labels when using disinfectants.

✓ **Use the separate room and bathroom you prepared for sick household members.** Provide sick household members with clean disposable facemasks to wear at home. Clean the sick room and bathroom daily. Use soap and water, a bleach and water solution, or EPA-approved household products.

✓ **Stay in touch with others by phone or email.** Keep in contact with relatives, friends, neighbors, etc. who may need your help or may be able to help you during an emergency.

Take Preventative Actions at Work

✓ **Notify your workplace as soon as possible if your schedule changes.** Ask to work from home or take leave if you or someone in your household gets sick

with novel coronavirus. You may need to adjust your schedule if your child's school is temporarily dismissed.

✓ **Clean surfaces that are frequently touched.** Routinely clean all frequently touched surfaces in the workplace (workstations, countertops, doorknobs, etc.). Use cleaning products that are usually used in these areas and follow the directions on the label.

Healthcare workers and first responders may need to consider additional steps to protect themselves and their households:

- ✓ Use Personal Protective Equipment (PPE) at work
- ✓ Clean uniforms more frequently
- ✓ Avoid shaking worn uniforms/clothes
- ✓ Clean equipment/gear prior to reuse
- ✓ Clean transport vehicles more frequently

Manage your Children's Activities

✓ **Notify your children's childcare facility or school if they are sick with novel coronavirus.** Talk with their teachers about classroom assignments and activities they can do from home.

✓ **Keep routines at home as normal as possible.** If schools are dismissed, try to keep children busy with activities and exercises at home. Keep educational materials, such as books and videos, on hand. Ensure that children keep up with schoolwork.

Make Smart Decisions about Attending Large Gatherings

✓ **Decide whether to attend large events.** Public health officials may recommend postponing or canceling large events (i.e. sporting events, conferences, and worship services) to reduce the spread of disease. Be aware of your risk for getting and spreading novel coronavirus at large events. Find out if there are other ways to enjoy the event without leaving home, such as watching it on TV or online.

Stay Informed

Make sure you are getting accurate information. During emergencies, rumors can circulate on social media and cause unnecessary panic or worry. You can get accurate and up-to-date information from local public health officials, such as your county or state health department. National and international updates will be provided by Centers for Disease Control and Prevention (CDC) and World Health Organization (WHO).

Resources

Livingston County Health Department (LCHD): <https://www.livgov.com/health/ph/Pages/COVID19.aspx>

Michigan Department of Health and Human Services (MDHHS): <https://www.michigan.gov/coronavirus>

Centers for Disease Control and Prevention (CDC): <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

World Health Organization (WHO): <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>



LIVINGSTON COUNTY Health Department

2300 E Grand River Ave., Suite 102
Howell, MI 48843

517-546-9850



www.LCHD.org

This preparedness guide is for informational purposes only and is not intended for self-diagnosis or as a substitute for consultation with a health care provider. For more information contact your health care provider or visit the Centers for Disease Control and Prevention at www.cdc.gov. The information provided within this guide has been adapted from the CDC's *Get your Household Ready for Pandemic Flu*, 2017.