During a pandemic; personal, community, and environmental preparedness are critical. Acting now can help protect you and those you care about.

BEFORE someone in your household is exposed to COVID-19: PLAN

Develop a plan of action with your household contacts and neighbors

- ☐ Plan for those who are more likely to experience complications from COVID-19 illness
- ☐ Identify ways to access resources in your community
  - o Call the Wright County Coronavirus Hotline: 763-682-7607
  - o Visit www.co.wright.mn.us/948/resources
  - o Follow your local community's Facebook pages
- ☐ Develop an emergency contact list
- ☐ Stay informed on the local COVID-19 situation
  - o www.co.wright.mn.us/945/Coronavirus-COVID-19
- ☐ If you need assistance in following these guidelines, call the Wright County Coronavirus Hotline

Practice good health habits

- ☐ Avoid close contact with people who are sick
- ☐ Stay home when you are sick, unless emergency medical care is necessary
- ☐ Cover your coughs and sneezes
- ☐ Wear a mask/cloth face covering in public
- ☐ Clean high-touch surfaces frequently (remote controls, door handles, light switches, etc.)
- ☐ Wash your hands with soap and water for at least 20 seconds after touching your face, before eating, and after using the bathroom, or use a hand sanitizer that contains at least 60% alcohol

Purchase a two weeks' stock of necessities

- ☐ Non-perishable food
- ☐ Soap, hand sanitizer, and cleaning supplies
- ☐ Pet supplies
- ☐ Baby supplies
- ☐ Medication you take regularly or may need if you get sick
- ☐ Thermometer
- ☐ Brain stimulating activities

Designate an isolation room

- ☐ Decide what bedroom/bathroom could be used if someone in your household gets sick
- ☐ If close contact is necessary between you and other household members, wear masks
- ☐ Clean high touch surfaces frequently, as noted above
- ☐ Wash your hands or use hand sanitizer, as directed above

Plan for changes with work

- ☐ Discuss working remotely and understand your sick leave options with your employer
- ☐ If someone in your house gets COVID-like symptoms, stay home for at least 14 days

IF someone in your household is symptomatic or exposed to COVID-19: ACT

Isolation and quarantine guidelines (www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html)

- ☐ Isolation – people showing COVID-19 symptoms
- ☐ Quarantine – people exposed to COVID-19 but not showing symptoms

Reach out to neighbors, friends, and family
- ☐ If you or someone in your household becomes sick, you may need help from others to get essential items like medication and food
- ☐ Maintain social connectedness using technology (Skype, FaceTime, etc.)

Continue practicing everyday preventative actions
- ☐ Avoid close contact with people who are sick
- ☐ Stay home when you are sick, except to get medical care
- ☐ Cover your coughs and sneezes
- ☐ Clean high-touch surfaces frequently
- ☐ Wash your hands or use hand sanitizer, as directed above

Learn about testing options
- ☐ Many facilities are testing symptomatic individuals; an appointment may be required
- ☐ Testing in Minnesota: www.mn.gov/covid19/for-minnesotans/if-sick/

Inform your workplace and/or children's childcare facility
- ☐ If you're not feeling well or have been exposed to someone with suspected/known COVID-19
- ☐ If your child is sick or has been exposed to someone with suspected/known COVID-19
  - o For further guidance, call MDH's Childcare Hotline: 651-297-1304

Other Resources
Wright County
- ☐ Situation summary: www.co.wright.mn.us/945/Coronavirus-COVID-19
- ☐ Local resources: www.co.wright.mn.us/948/Resources
- ☐ Donation sites: www.co.wright.mn.us/DocumentCenter/View/19094/Local-Donation-Sites

State of Minnesota
- ☐ Situation summary: www.health.state.mn.us/diseases/coronavirus/situation.html
- ☐ Strategies to slow the spread: www.health.state.mn.us/diseases/coronavirus/action.html
- ☐ Protecting yourself and family: www.health.state.mn.us/diseases/coronavirus/prevention.html
- ☐ Mental wellbeing: www.health.state.mn.us/communities/mentalhealth/support.html
- ☐ Schools and childcare: www.health.state.mn.us/diseases/coronavirus/schools/index.html
- ☐ Businesses and employers: www.health.state.mn.us/diseases/coronavirus/businesses.html
- ☐ Unemployment: www.uimn.org/

Centers for Disease Control & Prevention: www.cdc.gov/COVID19
- ☐ Situation summary: www.cdc.gov/coronavirus/2019-nCoV/summary.html
- ☐ Prevention/Treatment: www.cdc.gov/coronavirus/2019-ncov/about/preventiontreatment.html
- ☐ Get your home ready: www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/get-your-household-ready-for-COVID-19.html
- ☐ Pregnant women and COVID-19 FAQs: www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnancy-faq.html