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
  - Some people may transmit COVID-19 even though they do not show any symptoms. Wearing a mask, including a non-medical mask or face covering (i.e. made with at least two layers of tightly woven fabric, constructed to completely cover the nose and mouth without gaping, and secured to the head by ties or ear loops) can help protect others around you.

**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 containing at least 60% alcohol

- **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