

What should you do regarding Coronavirus? (COVID-19)

**Follow normal Public Health guidelines for Seasonal Influenza
& Be Prepared for all potential Disasters!**

Before a Disease Outbreak

- Have nonprescription medicine and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- Get copies, maintain electronic versions of health records from doctors, hospitals, pharmacies and other sources and store them for personal reference.
- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.

Before any Emergency Event

- Store at least a two-week supply of water, food and other household goods.
- Periodically check your regular prescription drugs to ensure a continuous supply in your home.
- Listen/watch for official information regarding actions to take.
- Learn First Aid and CPR; keep basic medical supplies on-hand and in your vehicle.
- Practice good health habits: Get plenty of sleep, be physically active, manage stress, drink plenty of fluids and eat nutritious foods.

During a Disease Outbreak (Limit the Spread of Germs and Prevent Infection)

- Avoid close contact with people that are ill.
- Clean and disinfect frequently touched objects and surfaces.
- Cover your mouth and nose with a tissue when coughing or sneezing or cough into your arm.
- Wash your hands with soap and water often to help protect you from germs.
- Avoid touching your eyes, nose or mouth.

If you or a family member are sick

- Stay home for at least 24 hours after the fever breaks.
- Keep your distance from others to protect them from becoming ill. Call your care provider prior to visiting to their office or any care facility so as to protect others.
- Seek medical advice if you develop symptoms, have been in close contact with a person known to have COVID-19, or if you live in or have recently visited an area with ongoing spread of COVID-19.

References

- U.S. CDC Coronavirus: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- U.S. CDC Influenza: <https://www.cdc.gov/flu/index.htm>
- U.S. Department of Homeland Security, FEMA Preparedness: <https://www.ready.gov/>
 - Maine CDC: <https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus.shtml>