

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