

Guide to COVID-19 Resources for Households



cdc.gov/COVID19

What You Need to Know

1. Learn [how COVID-19 spreads](#). The virus is thought to spread mainly from person-to-person through coughs and sneezes; people may be infectious before symptoms present.¹
2. Learn about [people who are at higher risk for severe illness](#). Learn what older adults need to know. ([video](#))
3. Know where to find [cases in the US for trends in your state](#). (From Johns Hopkins: [COVID-19 Interactive Map](#) tracks confirmed cases by country and county.²)
4. **Traveled recently?** Pay attention to [travel advisories](#) and health notices by country.
5. Get the [latest public health information](#). COVID-19 is rapidly evolving.

Symptoms & Testing ([link](#))

1. Learn the [symptoms & emergency warning signs](#). Symptoms may be evolving.
2. Determine if you need [testing for COVID-19](#). Not everyone needs to be tested. The Coronavirus Self-Checker can help you make decisions about seeking appropriate medical care.

Prevent Getting Sick ([link](#))

1. Learn how to [protect yourself](#). Regular handwashing is one of the best ways to prevent the spread of germs. [Clean your hands often](#) and avoid close contact. Share this short video. ([video](#))
2. [Clean and disinfect frequently touched surfaces and objects daily](#). Take extra precautions [if someone in the household is sick](#).

Household Checklist ([link](#))

1. Stay informed.
 - Follow the local COVID-19 situation from [local health departments](#).
 - Get to know your neighbors. Do they live alone? Are they senior citizens? What are their plans?
 - Identify aid organizations in your community for counseling, food, supplies, rent assistance, etc. If relying on schools for your child's meals, contact your school district to see if there is assistance.
 - Create your household's emergency contact list. What would dad and the kids need to know if mom's quarantined in the hospital?
 - Look at resources for older adults. (From AARP: "COVID-19 Information Tele-Town Hall"³ ([video](#)). From NIID: Check insurance for 90-day prescriptions, pharmacies offering free delivery and drive-thru, food delivery services; be wary of special hours for seniors that results in long, cramped service lines.⁴)
 - [Learn how to care for someone with COVID-19 at home](#).
2. Determine what you need to stock up on. 2 to 3-week supply of food (plus bland food in case you're sick); Rx, OTC meds to fight symptoms, essentials.
3. Prepare for possible illness.
 - Choose a room (and bath if possible) to separate those sick. Stock with extra supplies.
 - Plan ways to care for those [at higher risk for severe illness](#). Consult with your healthcare provider for more information about monitoring your health for [COVID-19 symptoms](#).
4. Take preventive steps daily.

- Watch for [COVID-19 symptoms](#). Limit close contact with others (six feet), keep away from those who are sick if possible. Stay at home if you're sick.
 - Continue practicing [everyday preventive actions](#).
5. Manage daily life and coping. [For children, stress and coping, and pets.](#)

If You Are Sick or Caring for Someone Sick ([link](#))

1. Take extra precautions to clean and disinfect [if someone in the household is sick](#).
2. Follow 10 ways to manage respiratory symptoms at home: [Nice infographic](#).
3. Take steps to help prevent the spread if you are sick: [Detailed fact sheet](#).

Know How it Spreads

The virus that causes coronavirus disease 2019 (COVID-19) is thought to spread mainly from person to person through respiratory droplets produced when an infected person coughs or sneezes. But a news release from NIH indicates that “people may acquire the virus through the air and after touching contaminated objects.”⁵ People may also be infectious before symptoms present.¹

The best ways to prevent infection:



Maintain a safe distant from people (about six feet).



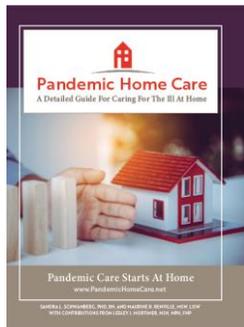
[Wash your hands](#) often. Avoid touching your eyes, nose, and mouth.



[Clean AND disinfect](#) frequently touched surfaces daily.

Pandemic Preparedness

During a severe pandemic, our healthcare system may be overwhelmed. If patients are turned away, the public may be asked to care for loved ones at home.



[Pandemic Home Care](#) is a step-by-step guide for pandemic preparedness and response that anticipates disruptions in support systems as we're witnessing abroad. 85 pages, simple language, and illustrated. [Download the PDF](#) for guidance:

- Setting up a sick room
- Using infection control guidelines in the home
- Caring for a sick adult or child
- Tracking vitals, fluid intake, breathing and output
- Caring for those who are dying

1. “Presymptomatic Transmission of SARS-CoV-2 — Singapore, January 23–March 16, 2020”; early release / April 1, 2020; CDC; <https://www.cdc.gov/mmwr/volumes/69/wr/mm6914e1.htm>; accessed on April 2, 2020.
2. “COVID-19 Interactive Map”, Johns Hopkins University & Medicine, <https://coronavirus.jhu.edu/map.html>, accessed on April 2, 2020.
3. “COVID-19 Information Tele-Town Hall”, AARP, <https://www.aarp.org/health/conditions-treatments/info-2020/tele-town-hall-coronavirus-03-19.html>, accessed on April 2, 2020.
4. “COVID-19 Update: Practical Strategies for Protecting High-Risk Adults at Home and in the Community;” recorded discussion for registered viewers; March 25, 2020; National Institute of Infectious Diseases; accessed on April 2, 2020.
5. “New coronavirus stable for hours on surfaces;” March 17, 2020; NIH; <https://www.nih.gov/news-events/news-releases/new-coronavirus-stable-hours-surfaces>; accessed on April 2, 2020.