

COVID-19 Checklist

Families and Individuals

Top 5 Things You Can Do to Prepare for COVID-19

All Minnesotans are being asked to practice social distancing whenever possible. In addition to this, take the following actions to best prepare yourself and your family and keep your whole community healthier.

- › Families should have an action plan for each person in the house, in case a 14-day isolation period is required. This includes foods and drinks; prescription and non-prescription medications, and medical equipment; and notes about current medical needs.
- › Families should know the current plans and orders for organizations (schools, work, etc.) in your community, and have back-up childcare plans.
- › Stay informed about the local COVID-19 situation from public health officials and other credible sources like the Centers for Disease Control and Prevention (CDC) or [the Minnesota Department of Health \(MDH\)](#).
 - Only share credible information with friends and family.
- › Check on friends, neighbors, and family members, by phone or computer.
 - Offer to drop off food or supplies if needed and you are able.
 - Offer comfort and emotional support.
 - Avoid showing prejudice to Minnesotans of Asian descent.
- › If you suspect you may have been exposed to COVID-19, call your healthcare provider and let them know you may have been exposed to COVID-19 before visiting the healthcare facility. This will help the healthcare provider's office take precautionary steps to keep other people from being exposed.
 - If you are experiencing symptoms of COVID-19, remain at home unless symptoms become severe.
 - If a family member is experiencing symptoms of COVID-19, all household members should isolate themselves as much as possible for 14 days.



Most cases of COVID-19 are mild with symptoms like fever and coughing. If you have symptoms and can manage them at home, you do not need to seek health care or be tested for COVID-19.

For up to date, accurate information, visit the Minnesota Department of Health (MDH) [Prepare and Prevent: COVID-19](#) webpage, or the Centers for Disease Control (CDC) [Coronavirus webpage](#).



Wash your hands.



Stay home when sick.



Cover your cough.



Keep 6 feet apart.



Stay informed.