

COVID-19 Checklist

For Your Household

Top Things to do At Home

All Minnesotans are being asked to practice social distancing whenever possible. Everyone is encouraged to stay calm and prepare, seek out accurate information, be kind, and stay mindful of actions that could perpetuate any discrimination or stigma associated with COVID-19 or other infectious diseases.

Prevention

- › Always use personal prevention methods, whether at home, work, or elsewhere:
 - Wash hands often with soap and water for at least 20 seconds; dry hands with a clean towel or air-dry hands.
 - Use alcohol-based hand sanitizer when soap and water are unavailable.
 - Cover your mouth with a tissue or your elbow when sneezing or coughing.
 - Avoid touching your eyes, nose, or mouth.
 - Stay home whenever possible, especially when you are sick.
 - Avoid contact with people who are sick.
- › Keep soap, hand sanitizer, and tissues on hand. Make them easily accessible at home and carry with you when.
- › Keep household cleaning spray or wipes readily available. Always use according to label instructions.
- › Clean “high-touch” surfaces daily. These include counters, tabletops, doorknobs, light switches, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also clean any surfaces that may have blood, stool, or body fluids on them.
- › Don’t share personal items such as water bottles.
- › Keep informed of recommendations of public health officials at the Centers for Disease Control (CDC), the Minnesota Department of Health (MDH) or your County public health department.
 - Only share information from reputable sources.

Planning

- › Keep an adequate supply of water, food, medications, and pet food in your home.
 - Make or update [your family’s emergency plan](#).
- › Talk to caregivers about backup plans in the event a primary caregiver becomes ill.



Wash your hands.



Stay home when sick.



Cover your cough.



Keep 6 feet apart.



Stay informed.

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- › Talk with neighbors about planning. Join neighborhood information webpages or emails.
- › Plan ways to care for people at higher risk, including older people, people with chronic diseases, and people with compromised immune systems.
- › Identify community organizations that may be able to help if you need information, health care services, support or other resources.
- › Create an emergency contact list of family members, friends, neighbors, health care providers, teachers, employers and others.
- › Keep a working thermometer and respiratory medications, like decongestants, expectorants, and analgesics (ibuprofen, acetaminophen), on hand.
- › Choose a room and, if possible, a bathroom, in your home that could be used to separate family members who become sick.
- › Learn about the preparedness plans of your children's childcare facilities, schools, and/or colleges. Plan for alternate childcare if needed.
- › Ask about your employers' preparedness plans, including sick-leave policies and telework options.
- › Cancel or postpone your attendance at large events, such as sporting events, conferences, and worship services, and to stay away from crowds.
- › Be prepared for cancellation or disruptions of public transportation services. Be prepared to cancel non-essential travel plans.

Mitigation

- › 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.

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](#).

