



## **Coronavirus Disease 2019 (COVID-19) Home Preparedness Tips**

Listed are potential preparedness steps that may be taken for the possibility of a Coronavirus outbreak within communities.

- Stock your cupboards with some extra food and cleaning supplies, but don't hoard.
- Buy a few extra items each time you are grocery shopping.
- Shelf-stable foods such as beans and rice are good options.
- Use your freezer to preserve foods, everything from meats and vegetables to cooked grains and bread. Think about having enough on hand to last a few weeks.
- Check the medicine cabinet to ensure you have basic medications such as aspirin or ibuprofen.
- Think about a backup plan if schools were to close during an outbreak.
- Ask your employer about a work-from-home option.
- If you take a daily prescription medication, have as much of a supply on hand as possible.
- If there's widespread virus in your community, you may not want to go to the store.
- Distance yourself from others during an outbreak.

*Source: National Public Radio*

[Coronavirus 101: What You Need to Know to Prepare and Prevent](#)