



How the Public Can Prepare for COVID-19

In the coming weeks, we expect more confirmed cases in the United States, both travel-associated and person-to-person; part of this increase will be because laboratory testing is now widely available.

Stay Informed RCHD is updating its website with the latest information from the Centers for Disease Control and Prevention (CDC), and local planning and response efforts. Visit <http://www.rileycountyks.gov/1857/Novel-Coronavirus-2019-nCoV> for more information .

Take Preventative Actions to Prevent Illness. The best way to prevent illness is to avoid being exposed to the virus.

- Good hand hygiene
- Avoid touching your eyes, nose and mouth with unwashed hands
- Avoid close contact to people who are sick
- Cover your cough or sneeze with a tissue, then throw it in the trash
- Clean surfaces with a disinfectant, especially if those surfaces have been touched by someone who is sick

Check Your Preparedness Kit Your preparedness kit should include:

- Prescription medication. Talk to your pharmacist and doctor to find out how to receive extra prescription medication
- Over-the-counter medication, including pain relievers, cough and cold medicine, and others
- Cleaning and hygiene products including hand sanitizer, sanitary wipes, and feminine hygiene products
- Copies of health records
- Contact information for your healthcare provider(s)

If You Feel Sick with fever, cough or difficulty breathing, and have traveled to areas where there is widespread transmission of COVID-19 or have been in close contact with someone who has and has been sick with similar symptoms, in the last 14 days, call your healthcare provider.

You Should NOT travel to China, South Korea, Italy or Iran. For the most up-to-date travel information, visit: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

You Should NOT use a facemask if you are not sick. The CDC does not recommend the use of facemasks by the general public to prevent the spread of COVID-19.



Preparedness Checklist

- Stay up-to-date on latest information by following Riley County Health Department Social Media
- Talk with loved ones about how they would be cared for if they get sick, and what will be needed to care for them at home
- Discuss alternate care plans for those who may be at a higher risk of illness, including those with chronic health conditions
- Get to know your neighbors. Talk with them about preparedness and consider joining a neighborhood website or social media page to stay connected
- Identify organizations in the community that can offer assistance
- Make a list of emergency contacts and share with your family
- Choose a room in your house that can be used to separate sick household members from those who are healthy
- Have activities for your children to do at home if they cannot go to school or childcare
- Find out if your employer will allow you to stay home to care for sick household members or children. Ask if you can work from home
- Make sure your preparedness kit and plan are up-to-date
 - 2 week supply of food and water
 - Prescription medication
 - Over-the-counter medication, including pain relievers and fever reducers, cough medicine, etc.
 - Cleaning and hygiene products including hand sanitizer, sanitary wipes, and feminine hygiene products
 - Copies of health records